GLUTEN-FREE SUGAR-FREE DAIRY-FREE SEGG-FREE VEGAN

Free-From HEAVE



Cut Down On Sugar Today! 3 essential tips

BETTER BONE HEALTH

Discover the best dairy-free sources of calcium

How to keep kids safe from food allergies



Delicious bakes to elebrate the season

TREAT YOURSELF

7 reasons why dark chocolate is good for you!

SUPERFOODS

The real health benefits behind the buzzword

Light lunches Quick dinners Ask the experts











3.

Omega 3, that is. Because not all milk is the same.

Healthy & Completely Allergen Free



Free-From Nelcome HEAVEN



Busy, busy busy! Where do we start? Well, how about in Scotland, where the SECC plays host to The Allergy & Free-From Show for the first time. I have been to the show in London and Liverpool, so it's great to see that the huge array of producers, goodies, talks, advice and free-from demonstrations are heading north of the border where I'm sure it will be another huge success. Then there's Easter! It seems only yesterday that we were immersing ourselves in

stollen, mince pies and Rudolph cupcakes, but it's certainly nothing to complain about, especially having already had the opportunity to browse through our fantastic Easter recipe section from page 14.

We have a wealth of features for you this month too. Find out how to get all the calcium your body needs without having to drink milk on page 28, keep your children safe from allergies on page 38, discover the perfect free-from baking alternatives for your taste on page 70, and learn all about superfoods on page 120. Oh, I forgot to add, chocolate is good for you! See the seven health benefits this silky beauty has to offer on page 88.

We would not be here without our mothers, so please don't forget Mother's Day on March 6. Perhaps you could cook her up one of our fabulous recipes in this issue – there are of course 101 to choose from...

Don't forget to visit our website or Facebook to catch up on all the latest free-from news. Until next issue, Happy Easter!

Nick

Nick Gregory Editor



Cover image
Easter Cheesecake ©
StockFood, The Food
Media Agency

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Subscribe

Turn to page 56 to take advantage of this month's special Free-From Heaven subscription offer.





STAY SAFE

Learn how to keep your children protected from food allergies on page 38.



BETTER BAKING

Discover a wide range of free-from baking alternatives on page 70.



Superfoods

Kirkty Henshaw runs through some of the tasty produce taking the country by storm on page 120.



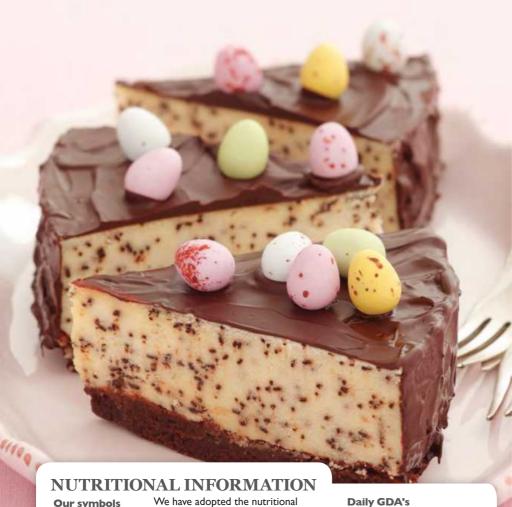
BENEFITS OF DARK CHOCOLATE

It's true! Find out everything you've always wanted to hear on page 88.

March/April

Discover the secrets of healthy and nutritious free-from living

Easter P14



Our symbols

GF Gluten-free

SF Sugar-free

DF Dairy-free

Egg-free

MF Meat-free

V Vegan

Standards Agency (FSA) who define the colours in its traffic light labels based on comprehensive scientific studies and consultations. This system uses a reference value of 100 grams for food products and 100 millilitres for drinks and classifies levels of fat, saturated fat, sugars and salt as low (green), medium (amber) or high (red). We have added Protein.

criteria used by the British Food

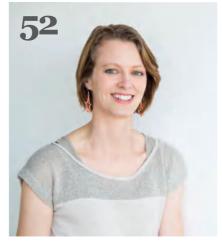
Daily GDA's

Calories 2.000 kcal Protein 50g 300g Carbohydrates 25g Sugars Fat 70g Saturates 20g Salt 6g



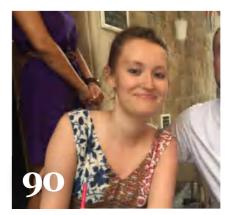






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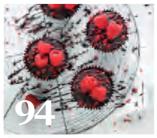
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Essential information

We use standard UK measurements, where I tbsp is 15ml and I tsp is 5ml.

Our vegetarian recipes often include cheese. Some may contain animal rennet, so check the label and use a vegetarian substitute if you prefer.

Where we use a gluten-free, sugar-free, dairy-free, egg-free, meat-free or vegan symbol, we recommend you check the ingredents list of any manufactured products you use — even if you use them regularly, as manufacturers change their recipes.

On the cover



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www.kirstys.co.uk







Inseason Okay, you may not end up with arms the size of Popeye, but there are undisputed health benefits of eating this healthy green and versatile vegetable. Excellent for bulking up dishes, adding colour and delivering taste, spinach is a firm favourite loved by many and enjoyed by more... **SPINACH** It is thought that spinach was first cultivated in southwest Asia. Trade routes through the Middle East took it to North Africa, from where it was introduced to Europe by the Moors in the 12th century. A cookbook belonging to King Richard II shows that spinach was grown in England in the 14th century. Spinach has a high water content and so reduces to around a quarter of its size when cooked. In French cuisine, the term 'à la florentine' means dishes featuring spinach. Also in season... Green beans Chives Oranges Peas Rhubarb Fennel Artichokes Apricots 8 FREE-FROM MARC





Baby spinach, pomegranate and grapefruit salad

By Natalia Mantur (<u>www.eatandtravelglutenfree.com</u>)



GF DF EF MF V

Serves 2 | Prep 10 mins |

Cook none | Calories 276 (per serving)

I orange, peeled, sliced

- I grapefruit, peeled, sliced
- 3 handfuls of baby spinach
- a handful of radish sprouts
- a handful of pomegranate seeds
- a handful of pumpkin seeds, toasted
- a handful of sesame seeds, toasted
- 3 tbsp pumpkin oil
- a pinch of freshly grated nutmeg sea salt and freshly ground black pepper
- I In a large bowl, toss together the spinach, orange, grapefruit and pumkin oil.
- 2 Season with nutmeg, salt and pepper, then toss again to combine. Divide and arrange the salad on two individual plates.
- 3 Sprinkle on the pomegranate, sesame and pumpkin seeds, then scatter the radish sprouts on top. Serve immediately.



Clean spinach tortillas

By Hedi Pavelcova (www.hedihearts.com)



Makes 4 | Prep 10 mins | Cook 15 mins | Calories 156 (per tortilla)

125g (4½oz) quinoa flour 290ml (10fl oz) water

3 handfuls of spinach

coconut oil, for frying

4 free-range eggs, poached

- I Blend the spinach with water to create a smooth consistency.
- 2 Add the flour and salt and combine.
- 3 Oil a pan lightly with coconut oil and pour in one-quarter of the batter. Tilt the pan in a circle to spread evenly. Cook for about 2 minutes on the first side. As soon as small, light brown flecks start to appear, flip it over and cook for another minute.
- 4 Remove from the heat, then repeat for the rest of the batch.
- 5 Place an egg on the top of the tortilla, wrap up and enjoy!























ALLERGY SHOW COMES TO SCOTLAND

HE ALLERGY & FREE FROM SHOW is making its debut this year in Scotland, coming to the SECC in Glasgow on 19-20 March.

The Allergy & Free From Shows are weekend events full of products (food, drink, skin/hair care, household items and more), cooking classes, talks, expert advice, kids activities - the list goes on - all 'free from' and all dedicated to helping you to improve your life.

Of course the team from Free-From Heaven will be there, so please do come along to stand C57 and say hello...







FROM THE SOCIAL MEDIA VAULT

We posted an article by the Daily Mail saying supermarkets charge 200% more for gf food than 'regular alternatives. Here's what you thought...

- Haven't we all been saying this for years? It's hardly news to those of us who buy gluten free! Thankfully I don't buy much processed food, I stick to fresh food and make my meals from scratch old school, but it does burn when I want a treat! Claire Ayres
- Shocking, but not really surprising, it is such a huge market and they all want a chunk of it! Oonagh Dalton
- I noticed in Tesco last week that fajitas in the 'normal' aisle cost £1.25 - free-from was £5.95! Megan Drew
- Sometimes it's understandably a bit more, but not as much as it is and not for everything. Donna Garett
- I wait for the bread products to be reduced, then buy loads and stuff it in the freezer! Sarah Ross



Follow us on Facebook @ FreeFrom Heaven and send us your top tips...

KEEP ON TRUCKIN' - SUGAR-FREE!

ORGET THE AGE-OLD stereotype of truck drivers leading unhealthy lifestyles, as research has shown that 34% of the UK's driving men and women are now self-confessed foodies, with nearly two thirds (61%) of them now shunning substandard motorway service station food in favour of higher quality and healthier options.

And throughout January, Metcalfe's Skinny provided all Eddie Stobart truck drivers with their new naturally sweet popcorn 'Cinema Sweet'. Made using natural stevia extract, the popcorn certainly was a big hit with the popular truckers, giving them all the drive they needed to keep the famous trucks on the road...

www.metcalfesskinny.com





BANANAS

The banana is an edible fruit, botanically a berry, produced by several kinds of large herbaceous flowering plants in the genus Musa. The fruits grow in clusters hanging from the top of the plant. Full of vitamins and nutrients, with health benefits including lowering blood pressure, reducing the risk of developing asthma, combating free radicals, preserving memory, preventing diabetes, aiding digestion and mood-boosting properties, the banana is a powerhouse of nutrition. It's great as a banana split too...



So close, and yet so far...

There have been several news articles circulating recently about how Greggs, one of the nation's best-loved high street bakers, is planning to go gluten-free. Well, with hopes heightened, we got in contact with those that really know for the whole story.

A Greggs spokesperson said: "Press reports are partly accurate in that we are looking at gluten-free trials, however, it may be that we are not able to comply with the strict crosscontamination regime demanded by the gluten-free claim. If that is the case we will look to trial products made without gluten, but they could not be recommended to customers with a medical allergy to gluten."

So, good news that it's been clarified, but bad news it's not the good news we were hoping for. Let's watch this space.



NEW TO THE AISLES

A TOTALLY TROPICAL TASTE

Koko Dairy Free has launched an exciting range of dairy-free soya-free and allergen-free yoghurt alternatives, made with freshly pressed coconut cream and fermented with live dairyfree voghurt cultures for the true taste of yoghurt.

www.kokodairyfree.com



PREWETT'S TAKE THE BISCUIT!

Prewett's, the UK's leading gluten-free biscuit brand, has extended its range to include milk-free biscuits, 'indulgent' all butter cookies and individually wrapped chocolate coated biscuit bars. This is sure to be a winner in anyone's books! www.prewettsbiscuits.com



JOINING THE GLUTEN-FREE REVOLUTION



PATISSERIE VALERIE

Patisserie Valerie, the nation's favourite cake shop and patisserie, has launched a new gluten-free range available online and in stores.

You can now enjoy a selection of five indulgent individual treats in cafés including a Belgian chocolate brownie, marble cake, flapjack, chocolate muffin and a ginger biscuit.

Each gluten-free product is lovingly handmade by a team of expert bakers. www.patisserie-valerie.co.uk

Pho, the Vietnamese street food restaurant chain, has gained gluten free accreditation from Coeliac UK for its 17 restaurants across the UK. All of the menu is now almost completely gluten-free.

Both front and back of house teams in all of Pho's restaurants have received training in the preparation and serving of gluten-free food.

www.phocafe.co.uk





The Artisan Gluten-Free Bakery

167 Upper Street, Islington, NI IUS

The Artisan Gluten-Free Bakery has perfected their signature gluten-free loaves using only simple, honest, store cupboard ingredients. Their gluten-free bread actually looks and tastes like real bread and we love it!

If you fancy a simple baguette, sun-dried tomato tin loaf, handmade sausage roll, the perfect bacon sandwich or a sweet cherry Danish, make sure you pay it a visit. www.artisanglutenfreebakery.co.uk

HOTTEST

PLACE IN

TOWN

Just like Yogurt...but Dairy Free

Try our new dairy free, allergen free, yogurt alternatives and you'll be surprised how much like dairy yogurts they taste.

Made from freshly pressed coconut cream for a silky smooth creamy texture and fermented with live dairy free yogurt cultures, these delectable pots have the true taste of yogurt. The fruit variants contain perfectly ripe fruit pieces and natural flavours for deliciously tempting fruitiness.

Available in Plain and four delicious fruit varieties. Why not give them a try today!

Koko Dairy Free - no sacrifice alternatives to dairy













See kokodairyfree.com for current stockists



Original Easter Egg

Moo Free **£4.25**

This Easter egg is made from Moo Free's award-winning organic rice milk chocolate. Perfect for kids or adults of any age. www.moofreechocolates.com



Dairy-Free Chocolate Chicks

Cocoa Libre £3.50

Handmade chicks free-from dairy, gluten, wheat and nuts – delicious chocolate for everyone! www.cocoalibre.co.uk

Easter goodies!

Indulge in silky chocolate loveliness...

No Added Sugar Milk Chocolate Easter Egg Plamil £3.69

A dairy-free Easter egg made with no added sugar. It tastes just like milk chocolate.

Dairy-Free Bunny Bar Plamil £1.25

All the taste of milk chocolate
without the dairy.
www.plamilfoods.co.uk



Chocolate Hollow Egg

D&D Chocolates £5.99

Natural vanilla gluten and dairy-free Easter egg, made with cocoa solids. www.danddchocolates.com

Chocolate Halo Thins

Gift Box Sweet Virtues £15.95

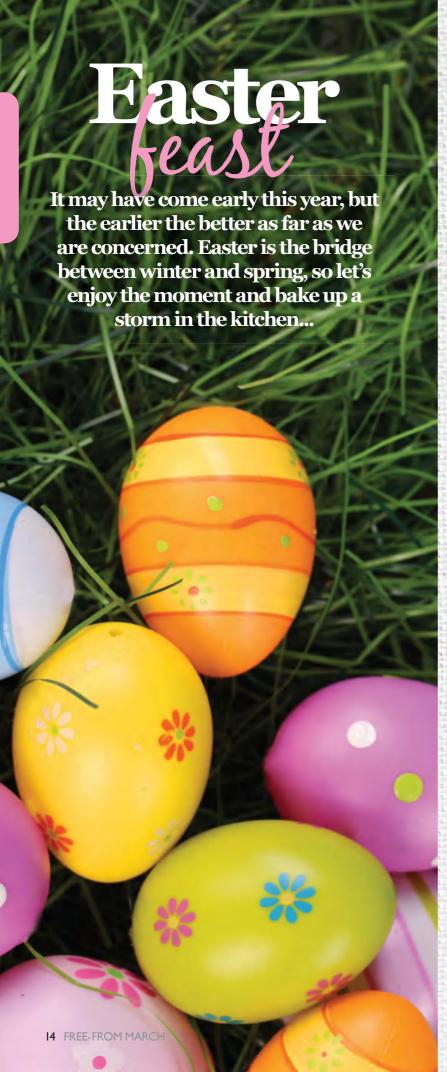
Delicate discs of organic chocolate infused with unique restorative flavour combinations.

www.sweetvirtues.co.uk









Easter cheesecake

GF DF MF

Serves 10-12 | Prep 35 mins plus chilling | Cook **55 mins** | Calories **469** (per serving)

175g (6oz) gluten-free, dairy-free chocolate biscuits, crushed to crumbs

75g (2½oz) dairy-free margarine, melted

450g (16oz) silken tofu, drained

225g (8oz) caster sugar

450g (16oz) dairy-free cream cheese

I free-range egg

2 tsp vanilla extract

85g (3oz) gluten-free, dairy-free chocolate chips, chopped

100ml (31/2fl oz) soya or oat cream

225g (8oz) gluten-free, dairy-free dark chocolate, 60% cocoa solids, chopped

gluten-free sugarpaste (colours of your choice) gluten-free food colouring (of your choice)

- Preheat the oven to 180°C/Gas Mark 4. Grease a deep 23cm (9in) springform cake tin.
- Stir together the biscuit crumbs and melted margarine, then press into the base of the tin. Bake in the oven for 10 minutes. Remove from the oven and set aside.
- Reduce the oven temperature to 170°C/Gas Mark 3.
- Place the tofu in a food processor and blend until smooth. Add the sugar and cream cheese and blend. Add the egg and vanilla and blend. Stir in the chocolate chips.
- Pour onto the base.
- Bake in the oven for about 45 minutes until the edges are firm, but the centre is soft, Switch off the oven and leave the cheesecake in the oven with the oven door open, until cold.
- Remove from the oven and chill for 2 hours.
- For the coating, heat the cream in a pan and bring to a boil, Immediately remove from the heat and pour over the chocolate. Stir until the chocolate has melted. Allow to cool until the mixture has thickened.
- 9 Remove the cake from the tin. Pour the chocolate over the cake, spreading evenly.
- 10 To make the sugarpaste eggs, work the sugarpaste in your hands until pliable. break off tiny little pieces an d cover the rest of the sugarpaste with clingfilm so it does not dry out. Form the small pieces into mini egg shapes using the palm of your hand to get a smooth finish.
- Leave to dry slightly while you make as many eggs as you like. Using the tip of a cocktail stick, dip into the food colouring, then lightly dot all over the eggs to create a speckled effect. Add to the top of the cheesecake.















Pashka – Polish pudding

GF SF MF

Serves 4-8 | Prep 15 mins plus chilling | Cook none | Calories 390 (per serving)

125ml (41/2fl oz) double cream

110g (4oz) xylitol, or to taste

3 free-range egg yolks

½ tsp vanilla extract

110g (4oz) unsalted butter

750g (26oz) quark, or unsalted curd or cream cheese 75g (2½oz) sultanas

75g (21/20z) toasted almonds, chopped

- Line four small clean dry flowerpots or tall moulds with a double layer of muslin or cheesecloth, making sure there is plenty of excess to hang over the sides.
- Bring the cream to a boil in a large pan, then remove from the heat.
- Beat the xylitol and egg yolks until thick and creamy, then add to the hot cream with the vanilla. Heat the mixture very gently, stirring, until thickened, but do not allow to boil. Remove from the heat and leave to cool.
- Beat the butter until soft, then beat in the cheese. Fold in the cool custard, sultanas and almonds.
- Pour into the moulds, put a small plate on top, then place a weight on top. Chill overnight with a bowl underneath to catch the whey.
- 6 Turn out onto serving plates and peel off the muslin. Decorate with flowers.

Simnel cake



Serves 6-8 | Prep 30 mins | Cook I hr 45 mins | Calories 378 (per serving)

FOR THE CAKE

150g (5oz) raisins

100g (31/20z) sultanas

2 tsp mixed spice

50g (13/oz) dairy-free margarine

50g (13/oz) dark brown sugar

3 tbsp gluten-free marmalade

I banana, peeled

100g (31/20z) chickpea flour

50g (13/40z) ground almonds

2 tsp gluten-free baking powder

100ml (31/2fl oz) apple juice

TO DECORATE

l ½ tbsp gluten-free apricot jam, warmed 250g (9oz) vegan golden marzipan icing sugar

flowers

- For the cake, preheat the oven to 140°C/Gas Mark 1. Grease a 17cm (6in) cake tin and line the base with nonstick baking paper.
- Put the raisins, sultanas and mixed spice in a bowl and stir to coat all the fruit in the spice.
- Beat together together the margarine, sugar and marmalade in a mixing bowl. Gradually mash in the banana and stir in the chickpea flour, ground almonds and baking powder.
- Add the spiced fruit mix and apple juice, then stir until well combined. Put into the tin and smooth the top.
- Bake for about I hour 40 minutes until the cake is browned An inserted skewer should come out clean
- 6 Heat the grill. Brush the top of the cake with most of
- Roll out most of the marzipan (reserve some for the I I balls for the decoration) on a surface lightly dusted with icing sugar into a round, large enough to fit the cake.
- Form 11 small balls from the reserved marzipan and brush the tops lightly with jam. Place under the grill until lightly browned
- Place the marzipan on top of the cake, fluting the edges, and place the balls on top of the cake. Decorate with flowers.

























Chocolate cakes

GF DF MF

Makes 8 | Prep 20 mins Cook 20 mins | Calories 129 (per cake)

8 large free-range eggs

30g (loz) coconut flour

25g (loz) cocoa powder

I tsp coffee granules

1/4 tsp bicarbonate of soda

a pinch of salt

100ml (31/2fl oz) honey

4 tbsp coconut oil, melted

I tsp vanilla extract

I tsp cider vinegar

- Use a metal skewer to tap a hole into the top of the eggs large enough for your piping bag nozzle to fit through.
- Empty the contents of the eggs into a bowl (reserving four for the cakes). Wash the eggshells out thoroughly using warm water.
- Preheat the oven to 170°C/Gas Mark 3.
- Place the empty egg shells into eight holes of a muffin tin using squares of foil to help prop them up.
- Mix together the dry ingredients in a mixing bowl until well combined, then add the four eggs, honey, coconut oil and vanilla and mix well. Stir in the vinegar.
- Pour into a piping bag with a small nozzle and squeeze the mixture into the eggshells until about two-thirds full.
- Bake for about 20 minutes until spongy on top and cooked through. Leave to cool completely in the tin.

Easter wreath

GF DF MF

Serves 6-8 | Prep 30 mins plus proving | Cook 30-40 mins | Calories 355 (per serving)

115g (4oz) rice flour 95g (3½oz) sorghum flour 90g (3oz) cornflour, plus extra for dusting

115g (4oz) tapioca flour 2½ tsp xanthan gum

3/4 tsp fine sea salt 50g (134oz) sugar

225ml (8fl oz) warm rice milk

21/4 tsp fast-action dried yeast

I tsp apple cider vinegar 3 large free-range eggs

2 free-range egg yolks

6 tbsp sunflower oil finely grated zest of 1/2 an orange 50g (13/oz) raisins

50g (13/40z) sultanas

FOR THE GLAZE

I large free-range egg

I tbsp dairy-free margarine, melted

I tbsp honey

1/2 tsp water

TO DECORATE

sugar nibs

coloured hard-boiled eggs

- Whisk together the flours, xanthan gum and salt. Set aside. Dissolve the sugar in the milk, Add the yeast, stir, then set aside for about 5 minutes until foamy on top. Whisk the eggs and egg yolks in a mixing bowl. Pour in the oil slowly, whisking constantly. Add the yeast mixture and vinegar and whisk to mix. Add the flour mixture, all at once and beat well for 4 minutes. Add the orange zest, raisins and sultanas and mix to combine. Cover the bowl with a damp tea towel and leave to rise for about I hour.
- For the glaze, whisk together all the ingredients. Preheat the oven to 190°C/Gas Mark 5. Line a baking tray with non-stick baking paper.
- Scoop the dough out onto a heavily dusted surface and knead and punch down the dough until smooth and no longer sticking to your hands or the surface.
- Divide the dough into three pieces. Roll each piece into a 30cm (12in) long rope (roll between your hands from the middle, working outward). Pinch the top portions together, braid into a plait and pinch the ends together, sealing together well. Form into a circle and pinch the circle closed. Place on the baking tray and leave to rise for a few minutes until puffy.
- Brush the top of the braid with the glaze.
- 6 Bake for 30-40 minutes, until golden brown. Sprinkle with sugar nibs while warm. Place on a wire rack to cool completely.
- Place the coloured eggs in the centre of the wreath.

























Good Friday fish n' chips

By Lisa Roukin (www.myrelationshipwithfood.com)



Serves 4 | Prep 30 mins | Cook 50-60 mins | Calories 395 (per serving)

4 cod loins (500g), skinless, boneless

4 medium sized potatoes, halved lengthways, cut into Icm (½in) slices

2 tbsp light olive oil

40g (1 4oz) cornflour

I large free-range egg

100g (3½oz) gluten-free cornflakes sea salt and freshly ground white pepper paprika

TO GARNISH

200g (7oz) garden peas, frozen

- Preheat the oven to 200°C/Gas Mark 7. Line two baking trays with silicone baking mats or parchment paper.
- Rinse the potatoes under cold water to release the starch, then drain. Season with salt and paprika and massage in with the olive oil. Place the chips on one of the baking trays, then bake for 50-60 minutes. Turn them over after 25 minutes, then once or twice more.
- Cut the cod into 2cm (Iin) strips. Rinse, then pat dry. Mix together the cornflour, sea salt, white pepper and paprika.
- Beat the egg and season with white pepper and sea salt. Place the cornflakes in a food bag and lightly crush.
- 5 Dip the cod into the seasoned cornflour, then the egg and then the cornflakes. Place the fish on the second baking tray and bake in the oven for 15 minutes. Turn them over after 7 minutes. Cook the peas as per the packet instructions and serve on the side.











Easter cake





Serves 16 | Prep 35 mins plus chilling | Cook 20 mins | Calories 599 (per serving)

FOR THE CAKE

300g (11oz) vegan margarine

300g (Iloz) caster sugar

I tsp vanilla extract

200ml (7fl oz) soya yoghurt

finely grated zest of 2 lemons

300g (I loz) plain gluten-free flour

2 tsp gluten-free baking powder

½ tsp xanthan gum

rice milk, if needed

FOR THE FILLING 300g (I loz) icing sugar

200g (7oz) vegan margarine

4-5 tbsp gluten-free raspberry jam

TO DECORATE

800g (28oz) vegan white sugarpaste

icing sugar sugar flowers

For the cake, preheat the oven to 190°C/Gas Mark 5. Grease two 20cm (8in) cake tins and line the bases with non-stick baking paper. Dust the sides with glutenfree flour.

- Beat the margarine and sugar in a mixing bowl until light and fluffy. Add the vanilla, yoghurt and lemon zest and beat until combined.
- Sift the flour, baking powder and xanthan gum into the mixture and fold through, If it is too thick, add a little rice milk and stir briefly until smooth.
- 4 Divide the mixture between the tins and bake for about 20 minutes, until golden and a skewer inserted into the centre comes out clean. Cool in the tins for 5 minutes, then place on a wire rack to cool completely.
- For the filling, sift the icing sugar into a large bowl, then add the margarine and beat until smooth. If it's a little thick, add a splash of rice milk.
- Invert one cake on a plate or cake stand. Spread with the jam. Invert the other cake and spread with about twothirds of the margarine mixture. Carefully place, the right way up, on top of the jam-spread cake. Chill for 30 minutes.
- To decorate, spread the remaining margarine mixture over the cake in a thin layer to cover completely.
- 8 Roll out the sugarpaste in a round larger than the cake, on a surface dusted with icing sugar.
- 9 Roll around the rolling pin and carefully place on the cake, smoothing out any air bubbles. Trim excess sugarpaste from the base. Place on a serving plate.
- 10 Decorate with sugar flowers, attaching with a dab of water.











Recipe development and food





Hot cross buns

GF DF EF MF V

Makes 6 | Prep 25 mins plus proving | Cook 10-15 mins | Calories 316 (per bun)

FOR THE BUNS

150g (5oz) cornflour 100g (31/20z) brown

rice flour

11/2 tsp dried yeast

½ tsp xanthan gum

I tsp mixed spice

1/4 tsp ground cinnamon

21/2 tbsp sugar

1/2 tsp salt

finely grated zest of I lemon

225ml (8fl oz) tepid water 3-4 tbsp golden

50g (13/oz) soft vegan margarine

100g (3½oz) raisins

1/2 tbsp chopped candied peel

FOR THE CROSSES

4 tbsp rice flour

11/2 tsp cornflour

a pinch of xanthan gum

1 1/2 tbsp sugar

water

TO GLAZE

syrup, warmed

- For the buns, preheat the oven to 180°C/Gas Mark 4. Line a baking tray with non-stick baking paper. Place the flours, yeast, xanthan gum, spices, sugar, salt and lemon zest in a mixing bowl and stir well to combine. Add 180ml (6½fl oz) water and the margarine and mix until the consistency of cake mixture. Stir in the raisins and peel. Place the bowl in a warm place and leave for 10 minutes until the mixture is slightly swollen.
- For the crosses, put the flours, sugar and xanthan gum into a bowl and whisk in enough water to make a paste. Place spoonfuls of the dough mixture onto the baking tray. Pipe the cross paste on top of each bun. Leave to prove for 5 minutes. Bake for 10-15 minutes until the tops are golden brown and sound hollow when tapped on the base. Brush the warm syrup over the tops of the buns.











Easter biscuits

GF EF MF

Makes 10 | Prep 25 mins | Cook 25-30 mins | Calories 412 (per biscuit)

FOR THE DOUGH

100g (3½oz) butter

50g (13/40z) icing sugar

1/4 tsp xanthan gum

100g (31/20z) ground almonds

100g (3½oz) rice flour, plus extra for dusting

1/4 tsp ground cinnamon

a pinch of salt

FOR THE ICING

200g (7oz) icing sugar 75ml (21/2fl oz) lemon juice yellow food colouring

TO DECORATE

200g (7oz) light brown sugarpaste finely chopped pistachios

FOR THE FILLING

75g (2½oz) light brown sugar I tbsp golden syrup 75g (21/20z) butter

- For the dough, beat together the butter and sugar in a mixing bowl, then add the xanthan gum and stir.
- 2 Add the almonds, rice flour, cinnamon and salt. Mix with your hands to form a ball. Wrap in clingfilm and chill for 30 minutes. Preheat the oven to 180°C/Gas Mark 4. Line a large baking tray with non-stick baking paper.
- Sprinkle a surface liberally with rice flour, then roll out the dough 5mm (¼in) thick. Use a 6cm (2½in) round cutter to cut out about 20 rounds. Place on the baking tray and bake for 25-30 minutes until evenly browned. Cool on the tray.
- For the icing, sift the icing sugar into a bowl and whisk in the lemon juice until thick, Add yellow colouring, then spread the icing on half the biscuits.
- To decorate, roll out the sugarpaste on a surface dusted with icing sugar. Cut out 10 small bunny shapes using a cutter or card template and lightly press into the icing. Sprinkle with pistachios and leave to set.
- For the filling, heat the sugar and syrup in a heavy-based pan until the sugar has dissolved completely. Add the butter and when melted, bring the mixture to a boil. Simmer gently (don't stir) for about 15 minutes, until a few droplets dropped into a glass of cold water flatten out into a chewy splodge. Remove from the heat and leave to cool, stirring occasionally until spreadable.
- Spread on the plain biscuits and place an iced biscuit on top.













Easter lamb cupcakes



Makes 12 | Prep 30 mins | Cook 20 mins | Calories 590 (per cupcake)

FOR THE CUPCAKES

175g (6oz) dairy-free margarine 175g (6oz) caster sugar 3 free-range eggs I tsp vanilla extract 175g (6oz) gluten-free self-raising flour

FOR THE BUTTERCREAM

150g (5oz) dairy-free margarine 250g (9oz) icing sugar a few drops of vanilla extract

250-300g (9-1 loz) gluten-free white marshmallow 'golf balls' 225g (8oz) black sugarpaste 100g (31/20z) white sugarpaste icing sugar

24 small purple gluten-free jelly sweets 12 sugar flowers

- For the cupcakes, preheat the oven to 180°C/Gas Mark 4. Place paper cases a 12-hole muffin tin.
- Beat the margarine and sugar in a mixing bowl until light and creamy. Gradually beat in the eggs and vanilla until well blended.
- Sift in the flour and stir in gently until the mixture is a soft dropping consistency.
- Spoon into the paper cases and bake for about 20 minutes, until risen and firm to the touch. Cool in the tin for 5 minutes, then place on a wire rack to cool completely.
- For the buttercream, beat the margarine with an electric whisk for 2-3 minutes until fluffy. Sift in the icing sugar and beat until smooth. Beat in the vanilla until smooth.
- Spread most of the buttercream on the cakes.
- Press the marshmallow balls into the frosting to resemble a fleece. You can use small balls of white sugarpaste to do
- Roll 12 pieces of black sugarpaste into small slightly elongated balls for the heads of the sheep. Roll 24 small pieces into short rods for the sheep's ears and flatten slightly. Press an ear into each side of the head.
- Roll out the white sugarpaste on a surface dusted with icing sugar. Cut out 24 small discs for the eyes and attach the eyes on the sheep with a little water. Attach the purple sweets with a little buttercream.
- 10 Use a wooden cocktail stick to make markings at the bottom of each face to shape the nostrils and mouth.
- I Thinly slice about 12 marshmallow balls through the centres. Attach, sticky side down to the top of the sheep heads. Place the sheep heads on the cakes, attaching with a dab of buttercream. Attach a sugar flower to each sheep, as in the photo, with a dab of buttercream.















Easter ham in bread

GF DF

Serves 6-8 | Prep 25 mins plus resting | Cook 50-60 mins | Calories 499 (per serving)

2 free-range egg whites 6 tbsp sunflower oil I tsp cider vinegar

2 tbsp sugar

I tsp salt 400ml (14fl oz) water

500g (18oz) gluten-free bread flour, plus extra if needed and for dusting

2 tsp fast-action dried yeast

I-I.5kg (35-53oz) boneless cooked ham

- Whisk together the egg whites, half the oil, vinegar, sugar, salt and water in a mixing bowl. Add the flour and yeast, mixing to a smooth, thick batter. Pour the remaining oil over the dough and mix to form a soft dough. Add more flour if needed
- Shape into a ball and put into an oiled bowl. Cover with oiled clingfilm and leave to rise in a warm place for 40-60 minutes.
- Preheat the oven to 180°C/Gas Mark 4. Line a baking tray with non-stick baking paper.
- On a floured surface, roll the dough into a 2cm (lin) thick rectangle. Put the ham in the middle, wrap the dough around it and seal it. If necessary, brush some water on the dough to help it stick together and pinch it with your fingers to help it seal. Place on the baking tray, seam side down. Slash the top with a sharp knife.
- Just before you put the bread in the oven, sprinkle some water over the oven to create steam. Immediately put the bread in and close the oven door. Every 15 minutes during the baking time, sprinkle some more water into the oven to create additional steam. Bake for 50-60 minutes until the crust is golden. Wrap the hot bread in a damp cloth and leave to cool completely before serving.











Spinach pie

GF SF DF MF

Serves 6-8 | Prep 30 mins plus chilling | Cook 20-30 mins | Calories 547 (per serving)

FOR THE PASTRY

450g (16oz) plain gluten-free flour, plus extra a pinch of salt 200g (7oz) dairy-free spread

2 large free-range eggs, beaten

FOR THE FILLING

2 tbsp olive oil

2 garlic cloves, peeled, finely chopped

I onion, peeled, chopped

115g (4oz) long grain rice

salt and freshly ground black pepper

I I5ml (4fl oz) water

500g (18oz) frozen chopped spinach, squeezed dry

I large free-range egg, beaten

2 free-range eggs, hard boiled, halved

175g (6oz) feta style soya cheese, crumbled 25g (loz) pine nuts

I tsp finely grated lemon zest

- For the pastry, put the flour and salt in a mixing bowl. Rub in the spread until the mixture resembles breadcrumbs. Stir in the eggs and enough water to form a soft dough. Knead well, then wrap in clingfilm and chill for 30 minutes.
- Preheat the oven to 200°C/Gas Mark 6. Grease a deep 23cm (9in) cake or pie tin.
- For the filling, heat the oil in a large frying pan, then cook the garlic and onions for about 5 minutes until softened. Stir in the rice and ½ tsp salt. Add the water, cover, reduce the heat to low and cook for about 10 minutes until the rice is tender, but not mushy. Add the spinach and cook, stirring, for 2-3 minutes until the spinach is wilted. Tip into a large bowl to cool. Stir in the beaten egg, hard-boiled eggs, soya cheese, pine nuts and lemon zest. Season to taste with pepper and leave to cool.
- Roll out two-thirds of the pastry on a lightly floured surface into a 36cm (14in) round and use it to line the tin. Spoon the filling into the pastry case.
- Roll out the remaining pastry in a round large enough to cover the pie and lightly brush the edges with a little beaten egg. Place the pastry over the filling, pressing the edges to seal. Roll out the pastry trimmings into a long strip to fit around the top of the pie. Twist it slightly and attach to the pie with beaten egg.
- Re-roll the pastry trimmings and cut out Easter bunny shapes with a cutter or card template. Attach to the top of the pie with a little beaten egg. Brush the top with egg and make small holes in the centre. Bake in the oven for 20-30 minutes until golden. Serve hot or warm.













Georgina Young shows us that we don't have to drink milk to get our required fix of calcium...

OU NEED MILK TO FORM strong bones. Right? At least that's what the majority of us were led to believe while growing up.

Calcium is the most abundant mineral found within our bodies, making up a huge 1-2% of our body weight. Calcium is responsible for helping to form strong bones and teeth, regulating the heartbeat and other muscle contractions, supporting the nervous system, and it even ensures that our blood clots properly.

I'm sure you'd agree that calcium is pretty amazing stuff, and it's safe to say that without it we wouldn't be able to survive. But does it really matter if your calcium comes from dairy?

With healthy living on the rise, we are seeing an increase in ethical, vegan, or paleolithic ways of eating, where dairy is often eschewed. For others, avoiding dairy is a matter of necessity due to being dairy or lactose intolerant. But are these plant-based and dairy-free ways of eating doing people more harm than good? Can you really consume enough calcium on a 100% plant-based diet or without consuming any dairy at all? In order to answer these questions we firstly need to explore how much calcium the human body needs in order to thrive.

So, how much calcium do we really need?

The NHS recommends that adults consume at least 700mg, but no more than 1500mg calcium per day. A lack of dietary calcium can lead to a condition known as 'rickets' within children, where the bones become soft and weak leading to skeletal deformities and dental problems. 99% calcium that is stored within our bodies is actually stored in our teeth and bones. In adults, a calcium-deficient diet can cause the body to extract the calcium from your bone tissue, thus accelerating bone loss otherwise known as osteoporosis.

Too much calcium however can cause problems of its own - starting with mild complications such as stomach pain and diarrhoea, but an overdose in calcium can also lead to far more serious problems such as; an increased risk of kidney stones, heart

disease and many others. It is always best to never exceed 1500mg calcium a day.

But the fact of the matter is, we actually only need around a mere 300-400mg absorbed calcium per day from dietary sources. So why do recommendations state otherwise?

Dairy just isn't what it used to be. The dairy on our supermarket shelves today is pasteurised, homogenised, and no longer raw, meaning the majority of the original calcium and vitamin content of the milk is rendered pretty much insoluble by the body.

When we consume pasteurised dairy our bodies only absorb around 30% of the calcium content. Plantbased sources of calcium on the other hand, as well as oily fish with small bones, are actually found to have a higher bioavailability (rate of absorbability) within the body than dairy does. This is largely due to the higher vitamin and mineral content within these foods. It is these vitamins and minerals that help to support the absorption of calcium into the body.

But how do our bodies absorb calcium?

In order for our bodies to absorb calcium adequately, we require a good source of magnesium, vitamin

D and vitamin K. This is often why you find vitamin D added to calcium supplements, fortified cereals and drinks.

Magnesium is utilised by our bodies in order to convert vitamin D into its active form, a prohormone called

calcidiol, allowing it to be converted further and used for calcium absorption within the body. Dark leafy greens, nuts and seeds and oily fish are all fantastic nondairy sources of magnesium.

Vitamin D however is a little harder to obtain just through dietary sources

alone. Although oily fish, egg yolks and mushrooms can all help, there are two other ways to obtain vitamin D; through sunlight and supplementation.

Last but not least, vitamin K has also been found to be important for calcium synthesis and bone and arterial health. Unlike most vitamins it exists in two forms; vitamin K1 and K2. Vitamin K1 can be found in dark leafy greens and vegetables, while vitamin K2 can be found in organ meats and fermented foods such as raw sauerkraut and fermented soy beans.

If you eat a high amount of grains, legumes and pulses in your diet, or are following a paleo diet that centres around the daily consumption of nuts, be aware that phytates from these foods can leech the vitamin and mineral content. Always pre-soak these foods overnight in a solution of salty water before rinsing and consuming.

For more information, visit www.greensofthestoneage.com



The best non-dairy sources of calcium

Tinned wild salmon (with bones)

A whole tin provides over a whopping 500mg calcium! Always opt for salmon including the bones as the bones contain the majority of this calcium. Simply mash the bones into the salmon with a fork and you'll never know that they were there. Tinned wild salmon also contains high amounts of protein, omega-3's, vitamin B12, and vitamin D.



Raw tahini and sesame seeds

Just 1 tablespoon of raw tahini contains 63mg calcium. It's also high in protein, thiamin, omega 6, phosphorous, copper and manganese. If you find tahini a little too strong for your taste, then try adding 1 tablespoon sesame seeds to your salads and stir fries for an extra 87.8mg of calcium.



In just 28g almonds you'll find 74.6mg calcium and the ever so popular almond butter totes 168.75mg calcium per ¼ cup. Almonds are also high in vitamin E, niacin, folate, magnesium, phosphorous, potassium, iron, zinc, copper and manganese and are high in omega-3 and 6 fatty acids. So bin those fortified cereals and drinks and get your daily dose of almond joy!



Kale was touted as the number one superfood last year, and that's no surprise. With 137mg in just 1 cup of raw, chopped kale (and 93.6mg per cup when cooked) a little kale in your day will certainly boost your calcium levels. Kale is also high in vitamins C and K, magnesium, copper and manganese. Enjoy tossed into salads, baked into crispy kale chips, or in green juices.



Chowing down on a sweet and sticky treat that is good for you is everyone's dream. A whopping 3.4mg calcium can be found per dried fig - that's around 107mg in eight whole dried figs. Figs are also high in fibre, iron, potassium, magnesium, selenium and vitamin K. Dried figs are perfect in raw desserts or chopped into tagine dishes and salads.

Chia seeds

Chia seeds are one of the quickest and easiest foods to obtain your daily dose of calcium from. They're high in protein, phosphorous and manganese, and are also the richest plant-based source of omega-3 fatty acids. Chia seeds are best enjoyed sprinkled over your morning smoothie bowl, added to your protein shake post workout, and of course as the classic chia pudding!



It's no secret that seaweed is packed full of minerals and trace elements - vitamins, antioxidants, amino acids, and protein - but did you know that just 100g kelp contains 168mg of calcium? If you find seaweed hard to stomach, try adding a tablespoon of dried spirulina to your green juice - with 8.4mg of calcium, it's sure to give you a little boost.



Blackstrap molasses

Blackstrap molasses is a by-product of the refining process of cane sugar, and has the lowest sugar content of all cane sugar produce. Just 1 tablespoon contains a hefty 172mg of calcium! Blackstrap molasses is also high in vitamin B6, magnesium, potassium, and manganese. Enjoy it mixed into tahini, or simply stirred into a warm glass of your favourite nut milk.





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Breakfast RECIPES



No-nut cocoa mint mini energy bites

By Angela Warren (<u>www.imperfectly-paleo.blogspot.co.uk</u>)

GF SF DF EF MF V

Makes **32** | Prep **15 mins** | Cook none | Calories 39 (per ball)

125g (41/20z) raw, unsalted sunflower seeds

115g (4oz) soft, pitted dates (soaked in hot water before use if using harder dates)

75g (2¾oz) raw cacao powder

a small bunch of mint leaves, washed, dried, stalks discarded

I tsp vanilla extract

a pinch of salt

coconut milk or hot water, if needed (optional)

- Blitz the sunflower seeds in a food processor until fine sand. Add the dates and pulse a few times until roughly chopped, then add the cacao powder, mint leaves, vanilla and salt.
- 2 Process until the mixture is totally combined and starts to stick together when squeezed between your finger and thumb. It will still look like a fine crumb, but it should be beginning to clump. If the mixture appears too dry, add a little coconut milk or hot water and process again until the desired consistency.
- 3 Roll heaped teaspoonfuls into mini balls. Roll each ball in more cacao powder to coat, if desired.
- 4 Store the balls in an airtight container in the fridge or freezer.



Raisin pancakes

By Harriet Smith (www.harrietemily.com)

GF SF DF EF MF V

Makes 12-15 | Prep 10 mins | Cook 15 mins | Calories 77 (per pancake)

60g (2oz) buckwheat flour

30g (11/40z) brown rice flour

25g (loz) tapioca flour

I tbsp flax seeds mixed with 2 tbsp water

300ml (10fl oz) plus 2 tbsp oat milk

3 tbsp coconut sugar

70g (2¾oz) raisins

¼ tsp cinnamon

1/4 tsp vanilla powder or extract

a pinch of salt

vegan spread/coconut oil, for greasing

fresh fruit, to serve

maple syrup, to serve

- Combine the flax seeds and water in a bowl, mix, then set aside to gel. Pour the buckwheat flour, rice flour, tapioca flour, raisins, coconut sugar, cinnamon, vanilla and salt into a mixing bowl and stir together. Scoop the flax egg on top of the flours, then pour in the milk.
- 2 Using a hand whisk, stir all of the ingredients together until the mixture is completely smooth – it should be fairly runny.
- 3 Place a non-stick pan onto a high heat and add a little spread or oil. Pour a large spoonful of the pancake mixture into the pan (spoon the mixture from the bottom of the bowl, as the raisins will sink into the mixture).
- 4 Cook on one side for 2 minutes until the mixture begins to cook through, then flip with a spatula and cook for a further minute. Repeat these steps until all of the pancake mixture has been used up. Top with fruit and maple syrup.























On-the-go breakfast muffins

By Dale Pinnock



Makes 8 | Prep 15 mins | Cook 18-20 mins | Calories 134 (per muffin)

olive oil, for greasing and cooking 8 large free-range eggs 1/2 a red onion, peeled, finely chopped 3-4 chestnut mushrooms, finely chopped 100g (3½oz) baby spinach 80g (3oz) feta cheese, crumbled into pieces 5 slices of Parma ham, sliced sea salt

- Preheat the oven to 180°C/Gas Mark 4. Lightly oil eight holes of a muffin tin.
- 2 Whisk the eggs in a bowl.
- 3 Heat a little olive oil in a pan and sauté the onion and mushrooms, with a little salt, until they are both soft and the mushrooms are releasing their juices. Add the spinach and continue to sauté until wilted.
- 4 Spoon the mixture and the crumbled feta into the oiled muffin holes and top with the whisked egg, dividing it equally between them. Top with the ham and bake in the oven for about 18-20 minutes. Test by sticking in a fork - it should come out clean.



Sticky bars

By Dale Pinnock

GF SF DF EF MF V

Makes **16** | Prep **10 mins** | Cook 20 mins | Calories 92 (per bar)

50g (13/oz) flax seeds

50g (13/oz) walnuts, chopped

15 pitted dates, chopped into small pieces

75g (2¾oz) peanut butter

I tbsp desiccated coconut

- Preheat the oven to 180°C/Gas Mark 4. Line a 23×23cm (9x9in) baking tin with baking parchment.
- 2 Place half the flax seeds and half the walnuts in a food processor and blitz into an almost powder-like texture. Mix with the remaining flax seeds and chopped walnuts and combine well. This will give the bars a variety of textures.
- 3 Cook the dates and 2 tbsp water in a pan over a high heat for a few minutes, stirring continuously, until the dates begin to break down and form a paste. Add the peanut butter and mix well until combined.
- 4 Add the seed and nut mixture with the coconut, then combine well.
- 5 Press the mixture into the baking tin and bake in the oven for about 20 minutes. Allow to cool completely before cutting into bars.

The recipes on this page are taken from The Medicinal Chef: The Power of Three by Dale Pinnock, photography by Martin Poole, published by Quadrille. (RRP £20).











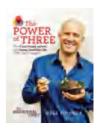












Breakfast RECIPES



Acorn pancakes

By Natalia Mantur (<u>www.eatandtravelglutenfree.com</u>)

GF DF MF

Makes 2 | Prep 10 mins |

Cook 7 mins | Calories 392 (per pancake)

I tbsp Muscovado sugar

2 tbsp cornflour

I tbsp potato starch

I tbsp acorn flour

2 free-range eggs, separated

I tbsp coconut oil

50ml (134fl oz) sparkling water

I tbsp lemon juice

½ tsp cinnamon

I tbsp vegetable oil, for frying

a pinch of sea salt

I apple, peeled, finely sliced

4 tbsp honey

- I Melt the coconut oil over a hot-water bath.
- 2 Beat the egg whites with the sea salt until stiff. Set aside.
- 3 Combine the egg yolks with the sugar, coconut oil, lemon juice and cinnamon, then mix until they form a thick and creamy texture. Add the sifted flours and mix thoroughly.
- 4 Gradually add the sparkling water, stirring gently, then add the beaten egg whites, stirring gently.
- 5 Fry on both sides until golden on a hot, oiled frying pan. Serve with apple slices and a drizzle of honey. Cut into a shape of your choosing.



Blueberry smoothie

By Natalia Mantur (www.eatandtravelglutenfree.com)

GF DF EF MF

Serves 2 | Prep 5 mins |

Cook none | Calories 295 (per serving)

250g (9oz) blueberries (thaw if frozen)

3 tbsp honey

juice of ½ a lemon

150ml (5fl oz) soya yoghurt

50ml (134fl oz) almond milk

2 kiwi fruit, peeled, sliced

I tbsp toasted coconut flakes

a few fresh mint leaves, to garnish

- Pick through the blueberries and discard any bad berries, stems or debris. Transfer to a blender.
- 2 Add the almond milk, lemon juice, yoghurt and honey. Blend on the lowest speed for about 15 seconds until smooth. Increase the speed and blend to the desired consistency.
- 3 Pour into two glasses, garnish with fresh mint and kiwi slices. Sprinkle the toasted coconut flakes over the top and serve.





















Homemade granola

By Natalia Mantur (<u>www.eatandtravelglutenfree.com</u>) **GF DF EF MF**Serves **6** | Prep **5 mins** | Cook **20 mins** | Calories **424** (per serving)

- 5 tbsp honey
 ½ tbsp cinnamon
 50g (1¾oz) almonds, chopped
 50g (1¾oz) walnuts, chopped
 50g (1¾oz) hazelnuts, chopped
 150g (5½oz) rolled gluten-free oats
 50g (1¾oz) cornflakes
 40g (1½oz) sunflower seeds
 40g (1½oz) pumpkin seeds
- Preheat the oven to 150°C/Gas Mark 2.
- 2 In a large bowl, mix together all the ingredients, except the sultanas and cinnamon.
- 3 Evenly spread the granola onto a baking sheet lined with parchment paper, then bake in the oven for 15 minutes. Mix in the sultanas and cinnamon and bake for 5 more minutes. Remove from the oven and cool.
- 4 The granola can be stored in an airtight container for 3 weeks. It can be served with milk or yoghurt and fresh seasonal fruit.





Blackberry compote with quinoa porridge

By Madeleine Shaw for Seasonal Berries (www.seasonalberries.co.uk)

GF DF EF MF

Serves I-2 | Prep IO mins | Cook 15 mins | Calories 391 (per serving)

100g (3½oz) blackberries 300ml (101/2fl oz) almond milk 80g (3oz) quinoa

l apple

finely grated zest and juice of I lemon

½ tsp cinnamon

1/4 tsp vanilla extract

2 tbsp honey

2 tbsp coconut yoghurt

I tbsp goji berries

- Wash the quinoa in a sieve. Place in a pot with the almond milk, cinnamon and vanilla extract. Bring to a boil, then let it cook for 15 minutes.
- 2 Place the blackberries, honey, a quarter of the lemon zest and half the juice in a small pot. Bring to the boil, then simmer for 10 minutes, breaking down the blackberries with the back of the spoon so you form a compote.
- 3 Just before everything is ready, julienne or cut your apple
- 4 Serve the porridge with the compote, apple, yoghurt and goji berries.



Yoghurt dipped strawberries with toasted hazelnuts

By Madeleine Shaw for Seasonal Berries (<u>www.seasonalberries.co.uk</u>)

GF EF MF

Serves 2 | Prep 10 mins plus chilling | Cook none | Calories 323 (per serving)

100g (31/20z) strawberries 75g (2¾oz) toasted hazelnuts 2 tbsp sticky honey

150g (5½oz) Greek yoghurt

- I Mix the honey and yoghurt together.
- 2 Line a tray with baking paper. Dip the strawberries into the yoghurt, then lay them on the tray and place in the freezer for 30 minutes.
- 3 Crush the hazelnuts into small pieces.
- 4 Remove the tray from the freezer and dip the strawberries in the yoghurt mixture for a second coating, then sprinkle over the hazelnuts and place in the fridge for 2 hours to harden.



























Does your child have food allergies?

Allergy Adventure's Hailey Phillips gives her tips for keeping children safe around food this Easter...

OOD ALLERGIES IN CHILDREN are not to be taken lightly. Even a mild reaction causes discomfort and distress, but a fullblown anaphylactic episode? It's the stuff of nightmares. And although daily life might be manageable, when it comes to special occasions - Easter, Christmas, Halloween etc - the foodie free-for-all can send parental blood pressure soaring.

So as Easter chocolate, cake and biscuits are seemingly handed out like daily bread, here are ways to reduce the risk of allergic reactions, and ensure your child still enjoys the Easter foodie fun.

Follow these (non-negotiable) safety steps when cooking

In some cases, even traces of allergens can provoke a serious allergic reaction. So, when cooking or baking, create a 'safe zone' in the kitchen.

Start by washing your hands and swabbing down the surfaces. It helps to use colour-coded cutlery, utensils, graters, plates/bowls and chopping boards. These are then only used for 'safe' food prep.

You can always spot the parent of a child with food allergies - they're the ones squinting at the small print...

Although there are amazing free-from cheeses, milks and breads available, they are sometimes part of the problem in the kitchen. Why?

They look too much like the real thing! So labelling them or keeping them in clearly-marked containers is essential.

More basic food safety tips:

- When pans are bubbling on the hob, always use a lid. Even a small splash from cheese sauce could spell trouble.
- When using the oven, bake allergenfree food on the top shelf to avoid allergens dropping down onto it.
- For children with a wheat allergy or coeliac disease, you'll either need to grill bread, or use a separate toaster.

Become a label-reading ninja!

(Reading specs may be required) You can always spot the parent of a child with food allergies - they're the ones squinting at the small print. Checking labels is never optional.

With the change in labelling laws introduced in December 2014, things did get a little easier, as now all allergens must be identified in bold, CAPITALS, italics, or highlighted. There are also some very cool apps available, such as 'Food Maestro', that allow you to scan a barcode to reveal allergens.

Please be aware that food manufacturers can sometimes change their recipes or factory production without warning. So always have your reading glasses to hand because the information on the packet label will be the most up-to-date.

Involve the whole family

There's a fine balance between keeping your children safe and drawing unwanted attention to them. So it helps if siblings, partners and the extended family understand the allergies, without making them into a drama.

Older siblings can be persuaded to forgo dessert if there isn't a suitable option for your child with allergies, and they can also help with checking that food is safe to eat. All family members should be able to recognise the signs of an allergic reaction, know where the





emergency medication is kept, how to administer it and who to call for help.

What to do if you're invited out

Eating out with food allergies can be stressful. The only solution is to let your inner control freak take charge. Call the restaurant ahead of time and ask to speak to the chef about options for food allergies. Follow up the call with an email so there's no confusion about what your child can/can't eat.

For birthday parties, meet up with the parent prior to the party to discuss food, and ask whether they'd like you to stay. Many parents, understandably, balk at the idea of administering an adrenaline auto-injector, and might prefer you in the room. It's safe to assume that you'll have to provide your child's food for the party, so go all out and bake a show-stopping cake/dessert.

Talking of baking...

Make sure the cake is safe. Don an apron and bake it yourself. Although the thought of baking without eggs, wheat or gluten sounds daunting, the reality is straightforward. It involves a bit of hocus pocus with the method, and some tweaking of ingredients.

You can use dairy-free margarine in place of butter, and a pre-mixed gluten-free flour (available in larger supermarkets, online, or from health food stores). Replacing the egg in a recipe can involve trial and error, depending on whether the egg is being used to bind, rise or add structure.

Homemade egg replacer options:

- 1 tsp bicarbonate of soda mixed with lemon juice/cider vinegar
- 1 tbsp of ground, golden linseed plus 3 tbsp water
- Half a mashed banana
- 3 tbsp apple purée
- There are also egg replacing powders that can be bought in health food shops, or online.



Good news if you're trying to make a free-from Simnel cake for Easter; it's one of the easier recipes to bake without allergens. The dried fruit adds moisture to gluten-free flour (GF flour absorbs a lot of liquid), dairy-free margarine is a straight swap for butter, any of the above egg-replacing methods should work, and you can use coloured fondant icing (although check ingredient labels for allergens) in place of marzipan.

Finally, don't struggle alone – get the teachers to help

Although you might be in charge of the food, your child spends the majority of their time under the charge of their school teacher. And according to the Academy of Allergy and Clinical Immunology (EAACI), '20% of allergic reactions to food occur in school'.

So it's vital that your child's teacher, and wider school community, understands food allergies.

Helped by funding from the Wellcome Trust, I've created a child-friendly, ready-to-teach allergy workshop for schools. It includes four fun videos, activity sheets, teacher lesson plans and guidance notes. It's completely free, and available online. Alternatively, I'm able to attend schools and run the workshop.

The fun, educational videos and activities help children and school staff understand the science behind food allergies, and what to do in the event of an emergency. The workshop also shows children how they can be sensitive to their friends with allergies,

and what they can do to keep them safe. It's gone down a storm. Teachers and kids all over the country are learning about food allergies and talking about them as if they're just another subject to be talked about. Which is of course exactly as it should be.

So if you think your child's teacher and classmates could use some help understanding food allergies, send them to Allergy Adventures.

I hope all of the above information is useful, and lastly, I hope you and your child have a safe, allergen-free, Happy Easter!

For more information, visit www.allergyadventures.com

Tips for keeping your child safe around food

- Create 'allergen-free' zones in the kitchen. Clear space in the fridge, have a 'safe food' kitchen cupboard and colour code/label the 'safe' cutlery, chopping boards and utensils.
- Become an allergy bore. Tell everyone in contact with your child about their allergies. They might not remember the fine details, but they'll remember that they need to take extreme care.
- Keep emergency medication in an easily accessible place and tell all family members and friends where it is.
- Train family members and friends how to use an adrenaline auto-injector. Trainer pens are available free online from Jext, Emerade and Epipen. Find details of how to order at www.anaphylaxis.org.uk
- Don't skimp on the small print. Check every ingredient label, every time. Manufacturers can change their processes without warning.

- If you're eating out, always plan ahead and call the restaurant. Follow up with an email so the allergies are in black and white for all to see.
- Birthday parties? Deep breath, you'll nail it. Brief the parent well in advance and offer to stay if necessary. Expect to provide all food and treats for your child (it's usually safer).
- Bite the bullet and bake. It takes a little practice, but the look on your child's face when you present a home-baked, 'safe' cake? Priceless.
- Enlist the help of your child's teachers. Point them in the direction of www.allergyadventures.com. They'll love the free lesson plans!
- Finally, chin up. Living with food allergies is hard, but it's still possible to live a happy, healthy life and enjoy delicious, free-from food and cooking.



EASTER EGGS ***

Available from Waitrose, Sainsbury's, Morrisons,









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On-the-go! Lunchtime RECIPES

Take your time to enjoy a creative light bite...





Rice with coconut milk and black tiger shrimp

By Natalia Mantur (www.eatandtravelglutenfree.com)

GF SF DF EF

Serves 2 | Prep 10 mins | Cook 20 mins | Calories 731 (per serving)

15 black tiger prawns, shelled, deveined

3 tbsp canola oil

150g (5½oz) basmati rice

400ml (14fl oz) coconut milk

juice of I lime

a bunch of fresh coriander, plus extra to garnish

½ a bunch of flat-leaf parsley

1/4 a red chilli, finely sliced

sea salt and freshly ground black pepper

- I Bring the rice to a boil in a pot filled with salted water, then reduce the heat and simmer for around 10 minutes. until the rice is al dente. Drain and set aside.
- 2 Heat a pan over a high heat, then add the canola oil. Add the prawns and stir-fry. When the prawns have all turned pink, season with salt, pepper and chilli. Toss a few times to combine. Turn off the heat and set aside.
- 3 In a large pot, bring the coconut milk to a boil. Add the coriander and the lime juice. Turn off the heat, add the prawns and basmati rice, then mix together. Garnish with coriander leaves and parsley.



Avocado hummus

By Hedi Pavelcova (www.hedihearts.com)

GF SF DF EF MF V

Serves 4 | Prep 5 mins |

Cook none | Calories 346 (per serving)

400ml (14fl oz) tin of chickpeas, drained, rinsed

I large ripe avocado, peeled, stoned

I tbsp tahini

2-3 tbsp lemon or lime juice

I garlic clove, peeled

2 tbsp water

salt and freshly ground black pepper, to taste

- I Place all the ingredients in a food processor, then pulse for a few minutes until well combined.
- 2 Season to taste. If the texture is not smooth enough, add a little more water.
- 3 Place in a bowl and serve, or cover with clingfilm and store in the fridge until ready to eat.























Green vegetable minestrone with parsley, almond & lemon gremolata

By Lucinda Bruce-Gardyne GF SF EF Serves 6 | Prep 15 mins | Cook 10 mins | Calories 227 (per serving)

2 tbsp light olive oil 4 spring onions, finely sliced 2 garlic cloves, peeled, finely chopped 200ml (7fl oz) white wine 1.3 ltr (46fl oz) rich gluten-free chicken stock 2 small courgettes, finely diced 100g (31/20z) Savoy cabbage leaves, thinly sliced 200g (7oz) frozen peas a large handful of baby spinach leaves, washed 100g (31/20z) gluten-free fusilli pasta, cooked, roughly chopped I tbsp flat-leaf parsley, finely chopped I tbsp basil, finely shredded 50g (13/oz) Parmesan, finely grated salt and freshly ground black pepper **FOR THE GREMOLATA**

50g (13/oz) blanched almonds finely grated zest of I lemon I tbsp flat-leaf parsley, finely chopped

- For the gremolata, toast the almonds in a dry frying pan until golden brown, then chop finely. Mix the almonds with the lemon zest and parsley in a bowl. Set aside.
- 2 Gently heat the olive oil in a large pan, then fry the spring onions and garlic for 30 seconds. Increase the heat, add the wine and simmer for I minute. Pour in the stock and bring to a gentle boil.
- 3 Add the courgettes, cabbage and peas, and simmer for 2 minutes. Add the spinach, cooked pasta, chopped herbs and Parmesan, then simmer for a further minute.
- 4 Ladle the soup into four warm bowls, sprinkle with the gremolata and serve immediately.

This recipe and the pizza on page 44 are taken from The Genius Gluten Free Cookbook by Lucinda Bruce-Gardyne, photography by Joff Lee, published by Vermilion. (RRP £14.99).













Lunchtime RECIPES



Tricolor pesto, mozzarella and cherry tomato pizza

By Lucinda Bruce-Gardyne GF SF EF MF

Makes 4 | Prep 10 mins | Cook 15 mins | Calories 735 (per pizza)

4 x 20cm (8in) gluten-free pizza bases
190g (6½0z) gluten-free pesto
2 x 125g (4½0z) balls of
buffalo mozzarella, thinly sliced
300g (10½0z) ripe cherry tomatoes, halved
extra-virgin olive oil, for drizzling
salt and freshly ground black pepper
20-25 fresh basil leaves, to garnish

- Preheat the oven to 200°C/Gas Mark 6. Place the four pizza bases on large baking sheets.
- 2 Evenly spread the pesto over the pizza bases, then arrange the mozzarella slices on top. Drizzle with olive oil and season with salt and pepper.
- 3 Bake in the oven for 15 minutes, or until the mozzarella is golden brown and bubbling. Scatter over the cherry tomatoes and basil leaves, then serve immediately.













Courgette, avocado and mackerel spring salad

By Angela Warren (<u>www.imperfectly-paleo.blogspot.co.uk</u>)



Serves **2-4** | *Prep* **10 mins** | Cook none | Calories 219 (per serving)

I small courgette, washed, dried, julienned or spiralised

85g (3oz) mackerel fillets, drained, roughly flaked into large chunks

 $\frac{1}{2}$ a ripe avocado, peeled, stoned, diced 10 roasted butternut squash cubes, cold

½ tbsp apple cider vinegar

juice of 1/4 a lemon

I tbsp extra-virgin olive oil

a small handful of cashew nuts

a small sprinkle of red chilli flakes

salt and freshly ground black pepper, to taste edible flowers (optional)

- Lay the courgette between sheets of paper towels and gently pat dry to remove any excess moisture. Season with salt and pepper to taste. Arrange on a plate or wide bowl.
- 2 Scatter over the butternut squash and avocado cubes, then top with the mackerel chunks.
- 3 In a small bowl, whisk together the lemon juice, apple cider vinegar and extra-virgin olive oil.
- 4 Pour the dressing evenly over the courgette, avocado, squash and mackerel. Scatter cashews over the top and sprinkle with chilli flakes, Garnish with edible flowers if desired, then serve immediately.



Creamy spiced butternut squash soup

By Vicki Montague (www.freefromfairy.com)

GF SF DF EF MF V

Serves 4 | Prep 15 mins | Cook 35 mins | Calories 187 (per serving)

600g (IIb 4oz) butternut squash, peeled, deseeded, roughly chopped

2 carrots, peeled, roughly chopped

I onion, peeled, roughly chopped

I garlic clove, peeled, roughly chopped

600ml (lpt) gluten-free vegetable stock

50g (1¾oz) coconut butter or creamed coconut, chopped

I tsp ground cumin

I tsp ground coriander

salt and freshly ground black pepper, to taste

- In a saucepan, add the spices and dry fry for about I minute until you smell the spice aroma.
- 2 Add the onion, carrot, squash and a splash of stock, then cook for about 5 minutes with the lid on, until the onion is softened.
- 3 Add the remaining ingredients and leave to simmer with the lid on over a low heat for approx, 30 minutes or until the vegetables are very soft Blend the mixture, then serve.























Superberry kale and roasted garlic bruschetta

By Seasonal Berries (<u>www.seasonalberries.co.uk</u>) **SF DF EF MF V** Serves 3 | Prep 10 mins | Cook 30 mins | Calories 194 (per serving)

I large garlic bulb 3 tbsp virgin olive oil 4 slices of vegan sourdough bread, halved 75g (3oz) shredded kale, rinsed in cold water, drained 100g (3½oz) blackberries 2 tbsp balsamic vinegar

2 tsp pomegranate molasses (optional) 25g (Ioz) toasted hazelnuts, roughly chopped sea salt flakes and coarsely ground black pepper

- Preheat the oven to 190°C/Gas Mark 5. Put the whole unpeeled garlic on a piece of foil, drizzle with I tbsp oil, then wrap in the foil to enclose completely. Cook on a baking sheet for about 20-25 minutes, or until it feels soft when squeezed.
- 2 Unwrap the garlic, separate into cloves, peel away the skins, then finely chop the flesh to a rough paste, or blitz in a food processor. Spoon into a small bowl.
- 3 Preheat a ridged frying pan, brush one side of all the pieces of bread with a little oil, then toast in the hot pan, oiled side downwards, for 2 minutes or until browned. Brush the tops with a little more oil, then turn over and cook the second side. Wrap in a clean teacloth and keep hot.
- 4 Heat a non-stick frying pan, add the rinsed kale to the dry pan and cook for 2-3 minutes until just beginning to wilt. The water clinging to the kale will be enough to keep it from sticking. Add the blackberries, balsamic vinegar, pomegranate molasses, if using, and cook for I minute.
- 5 Spread the garlic purée over the griddled bread, then top with the kale and blackberry mix and sprinkle with the toasted hazelnuts, salt flakes and pepper. Serve immediately.

TIP Double up and cook two garlic bulbs, then keep the rest in a screw topped jar in the fridge up to I week. Delicious added to stir fries, stews or soups.











Roasted sweetcorn and halloumi salad

By Lisa Roukin (<u>www.myrelationshipwithfood.com</u>) **GF SF EF MF**Serves **4** | Prep **10 mins** plus chilling | Cook **35 mins** | Calories **514** (per serving)

4 corn on the cob, sliced off the kernals
300g (10½oz) cherry tomatoes, halved
2 avocados, peeled, stoned, cubed
2½ tbsp sun-dried
tomato oil from the jar, or olive oil
250g (9oz) halloumi
4-6 sun-dried tomatoes
½ tsp chilli flakes
I tbsp honey

sea salt and freshly ground black pepper

- Preheat the oven to 200°C/Gas Mark 6.
- 2 Slice the corn kernels off the cob using a serrated knife, then place on a baking tray lined with a silicone baking mat or parchment paper. Add 2 tbsp oil from a jar of sundried tomatoes (you can use olive oil, but the sun-dried tomato gives a lovely flavour) and black pepper, then bake in the oven for 35 minutes. Give the sweetcorn a little stir after 15 minutes.

- 3 Cut the halloumi into 12 slices, then cook each side over a preheated non-stick frying or griddle pan for 2-3 minutes until lightly browned. Place on a plate, sprinkle with chilli flakes and drizzle with the honey. Set aside to cool. Once cooled, cut into cubes.
- 4 Cut the cherry tomatoes in half, cutting through the width of the tomato. Cut the avocado in half, remove the stone, cut horizontally and vertically, then scoop out the cubes from the skin.
- 5 Once the sweetcorn is roasted, remove it from the oven and leave to cool
- 6 To serve, put the roasted sweetcorn and halloumi on a large serving platter and mix together, then scatter the tomatoes, avocados and sun-dried tomatoes on top. Season with salt and pepper and a drizzle of sun-dried tomato oil.





Roast aubergine with yoghurt, blueberries and parsley

By Madeleine Shaw for Seasonal Berries (www.seasonalberries.co.uk)

GF EF MF

Serves 2 | Prep 10 mins | Cook 20-25 mins | Calories 193 (per serving)

20g (¾oz) blueberries

I aubergine

2 tbsp avocado oil

50g (1¾oz) yoghurt

I tbsp toasted sesame seeds

3 tbsp sprouted chickpeas

I tbsp parsley, finely chopped salt and freshly ground black pepper

I tbsp of lemon juice

- Preheat the oven to 200°C/Gas Mark 6.
- 2 Slice the aubergine lengthways into 2cm (¾in) strips. Rub with avocado oil and salt. Place on a large roasting tray and bake in the oven for 20-25 minutes, until golden and cooked through.
- 3 While this is cooking, mix the yoghurt, parsley, lemon juice and a pinch of salt and pepper together in a bowl.
- 4 Thinly slice the blueberries. Plate the aubergine with the yoghurt drizzled over, sliced blueberries, toasted sesame seeds and sprouted chickpeas. Best served warm.



Tomato and parsley devilled eggs

GF SF DF MF

Makes 24 | Prep 5 mins | Cook 10 mins | Calories 40 (per devilled egg)

12 large free-range eggs

I I5ml (4fl oz) dairy-free mayonnaise

2 tsp Dijon mustard

I tbsp capers, chopped

2 tbsp sun-dried tomatoes, chopped

I tbsp olive oil

I tsp caper brine

salt and freshly ground black pepper, to taste

TO GARNISH

parsley

- I Put the eggs, in their shells, in a pan of cold water. Bring to a boil, then simmer for 10 minutes. Cool under cold running water, then peel off the shells.
- 2 Slice the eggs in half carefully and remove the yolks. Mash the yolks with a fork.
- 3 Put the mayonnaise, mustard, capers, sun-dried tomatoes, olive oil and caper brine into a food processor or blender. Blend until almost smooth.
- 4 Stir the mixture into the mashed egg yolks until smooth. Season with salt and pepper to taste.
- 5 Spoon into the egg white halves. Garnish with parsley.























Brussels and potato quiche



Serves **4-6** | Prep **30 mins** | Cook **45 mins** | Calories **474** (per serving)

FOR THE PASTRY

250g (9oz) plain gluten-free flour, plus extra for dusting 125g (4½oz) vegan margarine ½ tsp salt water

FOR THE FILLING

2 tbsp vegetable oil 3 medium potatoes, thinly sliced 200g (7oz) baby Brussels sprouts 100g (3½oz) chickpea flour 15g (1/20z) nutritional yeast ½ tsp salt

½ tsp grated nutmeg 1/4 tsp turmeric 600ml (21fl oz) water 2-3 tbsp vegan cheese, grated

- I For the pastry, put the flour and salt into a mixing bowl and rub in the margarine until the mixture resembles breadcrumbs. Mix in just enough water to form a dough. Shape into a ball and wrap in clingfilm. Chill for 30 minutes.
- 2 Preheat the oven to 200°C/Gas Mark 6. Grease a 23cm (9in) flan dish or tin.
- 3 Roll out the pastry on a lightly floured surface into a round to fit the tin. Line the base and sides of the tin with the pastry.
- 4 Prick the pastry all over with a fork, line the pastry case with non-stick baking paper and fill with rice or dried beans. Blind bake for 10 minutes. Remove the paper and beans and bake for a further 10 minutes until golden.
- 5 Reduce the oven temperature to 180°C/Gas Mark 4.
- 6 For the filling, heat the oil in a pan and cook the potatoes for 5 minutes until lightly browned on both sides. Remove from the pan. Add the Brussels sprouts and cook for 5 minutes. Remove from the heat and set aside to cool.
- 7 Arrange the potatoes and Brussels sprouts in the pastry case.
- 8 Combine the chickpea flour, nutritional yeast, salt, nutmeg, and turmeric. Add 240ml (9fl oz) water and whisk until smooth. Heat the remaining water in a large pan and bring to a simmer. Whisk in the chickpea mixture and bring back to a simmer. Cook over a low heat for 5-8 minutes, stirring constantly, until thickened. Pour over the vegetables and sprinkle with cheese.
- 9 Bake for about 25 minutes until golden. Serve warm.











Lunchtime RECIPES



Scotch eggs

GF SF DF

Makes 4 | Prep 25 mins | Cook 22-25 mins | Calories 349 (per Scotch egg)

4 free-range eggs 275g (10oz) gluten-free sausagemeat I tsp dried thyme salt and freshly ground black pepper **FOR THE COATING**

6 slices of gluten-free seeded bread, toasted I tsp dried thyme salt and freshly ground black pepper I free-range egg, beaten

- Preheat the oven to 200°C/Gas Mark 6. Line a baking tray with non-stick baking paper.
- 2 Put the eggs, in their shells, in a pan of cold water. Bring to a boil, then simmer for 8-10 minutes. Cool under cold running water, then peel off the shells.
- 3 Mix together the sausagemeat and thyme. Season generously and divide the mixture into four.
- 4 Flatten each portion into ovals, large enough to enclose the eggs. Place an egg on each sausagemeat oval and wrap the sausagemeat around the egg, making sure that it completely covers each egg.
- 5 Arrange the sausage-wrapped eggs on the baking tray well spaced apart, then bake in the oven for 10 minutes.
- 6 Tear the bread into chunks and put into a food processor with the thyme, salt and pepper. Blend until the breadcrumbs are as coarse or fine as you like.
- 7 Roll the sausage-wrapped eggs in the beaten egg, then in the breadcrumbs and return to the baking tray.
- 8 Cook for a further 12-15 minutes until the sausagemeat is cooked through and the breadcrumbs are golden.













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Simple steps to sugar-free eating

Free-from guru Susanna Booth shows us that with a little bit of careful thought and planning, creating dishes without refined sugar can still give us that delicious sweetness we all desire...

ESPITE THE POPULARITY of 'paleo' diets that avoid grains, these kinds of complex carbohydrates have been the staple food of humans for thousands of years. For instance, the Romans, Ancient Greeks and Ancient Egyptians all ate wheatbased bread every day and the Ancient Chinese ate rice, while early South

American peoples such as the Olmec ate maize. Whole grains are a great energy source and they also make us feel full.

What wasn't eaten in bulk throughout the year in ancient times was masses of sugary foods made of simple carbohydrates – be it cakes and

biscuits or even honey or fruit. In excess, such foods are bad news for our bodies and our teeth. Indeed, some experts believe that high sugar diets are the biggest health problem facing mankind today.

The World Health Organization's

current guidelines recommend no more than 50g (20z/10 teaspoons) of added sugar (including that from honey, maple syrup, juice and fruit concentrates, but not whole fruit and vegetables) per adult per day. You could reach this amount after just a bowl of cereal and a glass of orange juice. The WHO suggests that lowering that figure to a mere 25g (10z/5 teaspoons) would be even more beneficial. It makes sense to choose your sweet foods carefully.

COOKING WITHOUT SUGAR

As well as acting as a sweetener, sugar also plays a role in the texture of foods. For instance, it's sugar's ability to melt into a hard glass-like caramel that helps give the strength to a finished meringue, or the 'snap' in certain kinds of biscuit. The fudgy texture of sugar heated with butter is what makes chewy cookies or brownies so moreish. And the presence of sugar is also an integral part of smooth ice creams and sorbets because it acts like antifreeze, preventing the growth of large ice crystals.

This means that successful cooking without sugar is not always just a matter of leaving it out or replacing it with another kind of sweetener, because many of the alternatives don't behave in the same way. Careful thought is often required in order to achieve

good results. I've tried to create healthy versions of favourite recipes – using whole foods where possible – that emulate the textures normally associated with those dishes. For instance, I use butternut squash to make my brownies

chewy, and for my squidgy cookies I use banana.

Some experts believe that high sugar diets are the

biggest health problem facing mankind today...

I've even managed to create silky ice creams with the help of agar powder, whose large molecular structure helps keep ice crystals to a minimum.

TOP TIPS FOR MINIMIZING SUGAR INTAKE

- Avoid sweet drinks. A can of full sugar cola contains 30-40g (around 6-8 teaspoons) of sugar, so this is a really easy place to start cutting back. Incredibly, a 300ml (½pt) glass of fruit juice can often contain similar amounts or even more! This is because it will be the juice of many fruits. Instead of drinking apple juice, for instance, eat an apple. It will taste just as sweet, but your total sugar consumption will be much lower and you'll have the benefit of the fibre as well.
- Avoid sweetened sauces or dressings. Salad cream, ketchup, sweet chilli sauce, pickle and even mustard can all contain sugar – these 'hidden' sugars can soon add up. Try vinaigrette or real mayonnaise as an alternative.
- Be careful about breakfast choices. Many cereals contain high levels of sugar. Instead opt for foods like porridge, eggs, natural yoghurt or wholemeal bread with cheese.
- Minimize alcohol consumption. Alcohol is created when yeasts break down sugar. If that process isn't completed, sugar can remain, as in the case of sweet white wines, cider or beer. Spirits are a better choice, sugar-wise; use an unsweetened mixer like soda water.
- Go raw and fresh where you can. Many fruits taste sweeter raw than cooked, and food at room temperature will taste sweeter than the same food when frozen.
- Sprinkle with powdered sweetener. If you like adding sweetener to fruit or cereal, a light dusting of a powdered product can often be just as effective taste-wise as a heavy sprinkling of granulated sugar or a drizzling of syrup.





TOP TIPS FOR CREATING SUGAR-FREE RECIPES

- Mix stevia powder with liquid before use. Stevia is so supersweet that its granules can taste unpleasant, while its bitter flavours can be noticeable when used in large amounts. I've found I get the best results when I dissolve it in liquid before adding it to my recipe. Add it gradually - it's surprising how little you need.
- Stick to 'nuggets' of sweetness. Sometimes this is all that's necessary to make something tasty. If your cake has small pieces of sweet foods, such as raisins, chopped apricots and pieces of fruit, you can reduce the sweetness of the cake mixture without really noticing.
- Try to exploit naturally sweet foods. Rice milk, evaporated milk, cashew nuts, fresh fruit, dried fruit and vegetables like carrots are among the foods that are naturally sweet. If you add them to recipes you can cut back on added sweeteners.
- Opt for the freshest, best-quality apple juice or orange juice. Cloudy apple juices and the type of orange juice that still has bits both have more micronutrients than the juices that have been filtered and concentrated.
- Be creative with toppings. One of the drawbacks of going sugar-free is that most cake toppings (be it icing sugar, frosting or sugar
- sprinkles) involve sugar in some form. Try decorating cakes with whipped cream, cream cheese, whole nuts or fresh or dried fruit instead. Wafer shapes, cocoa powder, edible glitter and edible flowers are great for achieving that final wow factor.
- Use whole foods where possible. This can include seeds, whole nuts, whole grains, whole fruit and vegetables.
- Eat smart. Keeping portion sizes small and infrequent means that you can still enjoy cakes and desserts, but overall sugar consumption will be lower.

Extract and recipes on pages 52-55 are taken from Sensationally Sugar Free: Delicious sugar-free recipes for healthier eating every day by Susanna Booth, published by Hamlyn, (RRP £20).





Clementine and pomegranate jelly

By Susanna Booth

GF DF EF

Serves 4 | Prep 20 mins plus overnight for setting | Cook none | Calories 124 (per serving)

10 clementines (about 750g (1½lb))

- 2 pomegranates
- 2 tbsp white wine
- 5 gelatine leaves
- I Thoroughly juice the clementines into a measuring jug and set aside. Pomegranates can be messy, but there is a simple way to extract the juice. Score a line all the way round each pomegranate with a knife. Now score a second line at a right angle to the first. Fill a large bowl with water and hold one pomegranate underneath the water. Pull it apart along the scored lines, then loosen all the seeds. The white pith should float to the surface while the seeds sink. Using a slotted spoon, fish out as much of the pith as you can, then pour the contents of the bowl through a colander. You will be left with the seeds. Repeat the process for the second pomegranate. Take one-quarter of the seeds and scatter them in the base of a 600ml (Ipt) jelly mould, or four individual 150ml (¼pt) jelly moulds.
- 2 Place the remaining pomegranate seeds in a plastic tub. Using the back of a tablespoon, press down on each seed until it is squashed flat and the juice has come out. Strain the mixture through a sieve into the clementine juice. You will now have a beautiful pinkish orange liquid. Add the wine and, if necessary, make up the quantity of liquid to 500ml (17fl oz) with water.
- 3 Place the gelatine leaves in a bowl and cover with cold water. Leave to soak for 5 minutes so that they become really floppy, then transfer them to a small saucepan and heat very gently until they melt. Add the juice to the pan and stir until combined.
- 4 Pour the juice mixture into the jelly mould and refrigerate overnight.
- 5 To serve, place the mould in a bowl of hand-hot water (don't let the water come over the sides of the jelly mould) until the edges of the jelly have melted very slightly. Place an upturned serving dish on top of the mould, then flip both over together, give a quick shake and remove the mould. Serve immediately.



Gateau Marcel with cherries and blueberries

By Susanna Booth

GF MF

Serves **6-8** | Prep **20 mins** plus chilling | Cook 20 mins | Calories 281 (per serving)

sunflower oil, for oiling

100g (3½oz) sugar-free, gluten-free plain dark chocolate, broken into small pieces 50g (2oz) sugar-free, gluten-free milk chocolate, broken into small pieces

150g (5oz) unsalted butter, chopped

- a pinch of fine salt
- 2 free-range eggs
- 3 free-range egg whites

150g (5oz) black cherries, pitted, halved 75g (3oz) fresh blueberries

- Preheat the oven to 180°C/Gas Mark 4. Line the base of a 20cm (8in) square cake tin with baking paper and lightly oil the sides.
- 2 Place the chocolates, butter and salt in a saucepan over a low heat until melted.
- 3 Separate the whole eggs. Place all the whites in a medium bowl and the yolks in a large bowl. Whisk the whites until very stiff. Whisk the yolks until they have turned a few shades paler and become fluffy. While continuing to whisk, very slowly pour in the hot chocolate mixture in a thin stream.
- 4 Fold the egg whites into the chocolate paste and combine into a mousse. Pour half the mixture into the cake tin, then bake for 20 minutes until puffy. Leave to cool in the tin, then pour the remaining chocolate mousse on top. Place in the fridge for at least 4 hours until set.
- **5** Scatter the cherries and blueberries across the top of the gateau to serve.



Lemon coconut cupcakes

By Susanna Booth

SF MF

Makes 12 | Prep 20 mins plus chilling | Cook 20 mins | Calories 238 (per cupcake)

400ml (14fl oz) tinned coconut milk

- 3 tbsp stevia powder
- 150g (5oz) plain flour
- 2 tsp baking powder
- 85ml (31/4fl oz) sunflower oil
- 2 free-range eggs, beaten

finely grated zest of I unwaxed lemon

2 tbsp lemon juice

FOR THE TOPPING

20g (¾oz) desiccated coconut I tsp stevia powder 125ml (4fl oz) whipping cream

- Preheat the oven to 180°C/Gas Mark 4. Line a 12-hole muffin tin with paper cases.
- 2 Scoop out the thick coconut 'cream' from the top of the tin and set aside. Pour 125ml (4fl oz) of the remaining coconut milk into a separate bowl. Stir in the stevia powder, then add the flour, baking powder, oil, eggs and lemon zest and juice. Whisk, then divide evenly between the muffin cases. Bake for 20 minutes, until risen and just browned. Leave on a wire rack to cool completely.
- **3** For the topping, gently toast the coconut in a dry frying pan for 2 minutes, stirring occasionally, until golden. Leave to cool.
- 4 Add the stevia powder to the reserved coconut 'cream'. Whip into soft peaks.
- 5 Whip the whipping cream until it forms firm peaks, then fold into the coconut cream. Swirl a dollop onto each cupcake and sprinkle with the toasted coconut.































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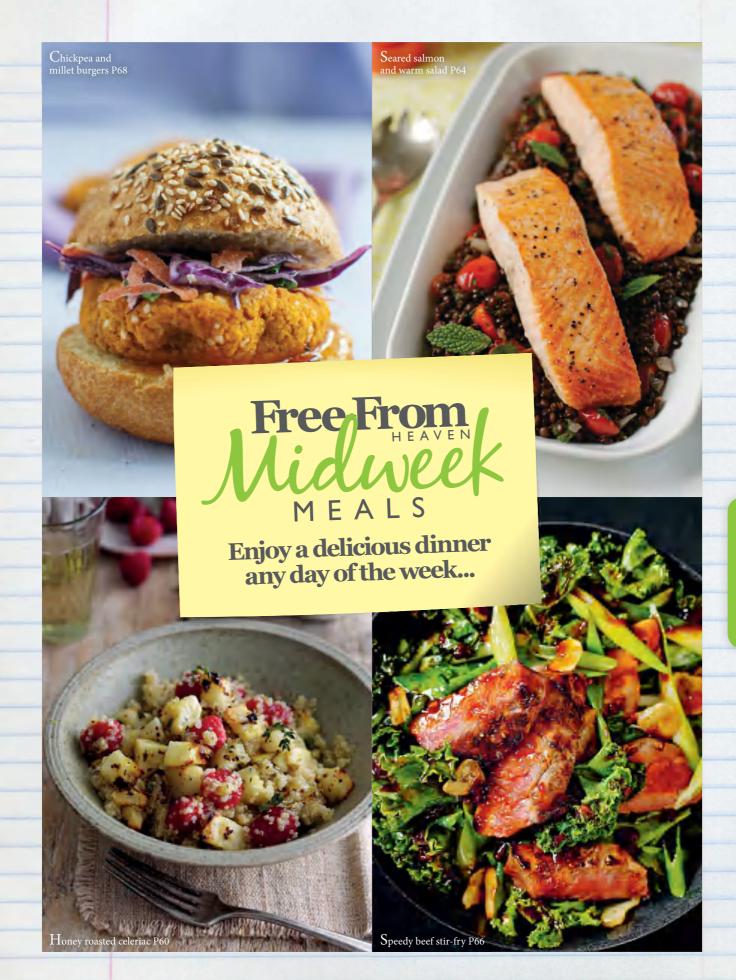
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Sweet potato soup with blackberry and basil sauce

By Madeleine Shaw for Seasonal Berries (<u>www.seasonalberries.co.uk</u>)

GF DF EF MF

Serves 4-6 | Prep 20 mins | Cook 40 mins | Calories 347 (per serving)

150g (51/20z) blackberries 3 large sweet potatoes 2 tbsp coconut oil I onion, peeled, finely chopped 2 garlic cloves, peeled, crushed 400ml (14fl oz) tinned coconut milk 500ml (18fl oz) fresh gluten-free vegetable stock I tbsp finely chopped basil I tsp lemon juice 2 tbsp honey 2 tbsp balsamic vinegar 2 tbsp parsley, chopped

- Preheat the oven to 200°C/Gas Mark 6.
- 2 Cut the sweet potato into large chunks. Melt I tbsp coconut oil and rub the sweet potato in the oil, then roast in the oven on a baking tray for 40 minutes until golden and cooked through.
- 3 Heat the remaining coconut oil in a pan and add the onion, a large pinch of salt and the garlic. Sauté for 5 minutes, then add the coconut milk, roasted sweet potato and stock, Simmer for 10 minutes while you make the blackberry sauce.
- 4 Place the blackberries, basil, lemon juice, honey, a pinch of salt and balsamic vinegar in a pot, bring to the boil, then turn down to a simmer. Crush the blackberries with the back of a spoon and cook until the sauce reduces by half.
- 5 Blend the soup, then top with the blackberry sauce and chopped parsley.

Honey roasted celeriac, quinoa and raspberries

By Madeleine Shaw for Seasonal Berries (www.seasonalberries.co.uk)

GF DF EF MF

Serves 2 | Prep 25 mins |

Cook 30-40 mins | Calories 556 (per serving)

100g (3½oz) raspberries

- I large celeriac, peeled, cubed
- 150g (5½oz) quinoa
- 3 tbsp honey
- 5 sprigs of thyme
- 2 tsp grainy mustard
- 2 tbsp avocado oil
- 2 tbsp olive oil

salt and freshly ground black pepper

- Preheat the oven to 200°C/Gas Mark 6.
- 2 Pour boiling water into a pot, add a pinch of salt and bring to a high simmer. Add the celeriac and boil for 10 minutes. Drain, then mix with the avocado oil, honey, thyme, mustard, pepper and a good pinch of salt. Place on a roasting tray and bake for 30-40 minutes, until golden and cooked through.
- 3 Meanwhile, prepare the quinoa. Place the guinoa in a pot with 500ml (18fl oz) water and a pinch of salt. Bring to the boil, then simmer for 15 minutes with the lid on until all the water has evaporated and the guinoa is cooked through. Mix the quinoa with the olive oil and raspberries. Once the celeriac is cooked, mix it with the raspberry guinoa mix and serve.















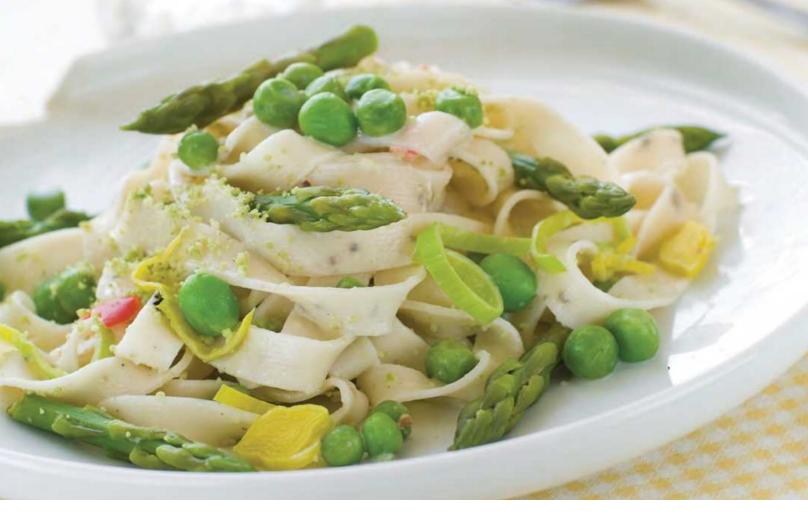












Spring vegetable tagliatelle

GF SF DF EF MF V

Serves 4 | Prep 30 mins plus chilling | Cook 20 mins | Calories 418 (per serving)

FOR THE PASTA

160g (6oz) sorghum flour 100g (3½oz) tapioca starch, more if needed I tsp xanthan gum I tsp salt 100ml (3½fl oz) warm water, more if needed 2 tbsp extra-virgin olive oil boiling salted water

FOR THE VEGETABLES

2 tbsp olive oil 2 leeks, sliced 300g (Iloz) asparagus, blanched, diced

I garlic clove, peeled, crushed 150g (5oz) fresh peas I ripe tomato, diced finely grated zest and juice of I lemon 2 tbsp chopped spring herbs, eg. mint, basil, parsley salt and freshly ground black pepper

TO GARNISH

25g (loz) toasted hazelnuts, chopped 25g (loz) vegan cheese extra-virgin olive oil

I For the pasta, sift the sorghum flour, tapioca starch, xanthan gum and salt into a bowl and whisk to combine. Slowly add the warm water and olive oil and continue mixing for about 2 minutes, to a firm but not sticky dough. If it is too dry, add more water. If it is sticky, add a little more tapioca starch. Cover the dough tightly with clingfilm and chill for 30 minutes.











- 2 Take a tennis ball-sized piece of dough and squash it flat. Keep the remaining dough covered with clingfilm. Push the piece of dough through a pasta roller on the widest setting. Patch any pieces together and push through again on the widest setting. Repeat until you have one piece.
- 3 Fold the sheet into three pieces and roll through the widest setting. Repeat three times until you have a rough square shape, then start working it through the machine, taking it down one setting at a time, until the thinnest setting. Repeat with the remaining dough.
- 4 Using a sharp knife, cut the dough into wide strips and set aside to dry for about 30 minutes.
- 5 Drop the pasta strips into a large pan of boiling salted water and cook for 2-3 minutes until tender. Drain well. Reserve a little of the cooking water.
- 6 For the vegetables, heat the olive oil in a pan and cook the leeks until tender. Add the garlic and cook for I minute.
- 7 Blanch the asparagus in a pan of boiling salted water for 2 minutes. Drain and refresh under cold running water. Drain well. Cut into bite sized pieces. Add the asparagus, peas and tomato to the leeks and cook for I-2 minutes.
- 8 Add the pasta and a little of the cooking water to the pan and stir to combine. Stir in the lemon juice, zest and the herbs and season to taste with salt and pepper.
- 9 Place on warm serving plates, sprinkle over the hazelnuts and grated cheese, then drizzle with olive oil.



Thai coconut curry soup

GF SF DF EF MF

Serves 4 | Prep 10 mins | Cook 25 mins | Calories 350 (per serving)

I medium head of cauliflower, cut into florets

2 tbsp coconut oil

300g (10½oz) onion, peeled, chopped finely grated zest and juice of I lemon I tbsp curry powder 350ml (I2fl oz) gluten-free vegetable stock

400ml (14fl oz) light coconut milk

½ tsp honey 1/4 tsp sea salt

I tbsp fresh coriander, chopped I tbsp spring onions, chopped

- Preheat the oven to 200°C/Gas Mark 6. Line a baking tray with foil.
- 2 Toss the cauliflower florets with 1 tbsp coconut oil and spread on a baking tray. Bake for 25 minutes or until golden brown.
- 3 In a large stock pot or Dutch oven, combine the remaining coconut oil and onion over a medium-high heat. Cook for 3 minutes, or until the onion begins to soften and become translucent.
- 4 Add the lemon zest, lemon juice, curry powder and 125ml (4fl oz) vegetable stock. Cook for another 2 minutes.
- 5 Add the cauliflower, the remaining stock, coconut milk, honey and salt. Stir to combine. Bring the mixture to the boil. Remove from the heat.
- 6 Transfer the soup to a high-speed blender and blend until smooth.
- 7 Return the soup to the pot over a low heat and cook for 2-3 minutes until it begins to thicken. Remove from the heat and top with fresh coriander and spring onions.

Pad Thai noodles

GF SF DF EF

Serves 3 | Prep 13 mins | Cook 10 mins | Calories 197 (per serving)

4 medium carrots, peeled

I medium courgette, peeled

2 tbsp coconut oil

3 garlic cloves, peeled, minced

50ml (2fl oz) gluten-free fish sauce

2 tbsp coconut aminos

50ml (2fl oz) lime juice

I tbsp cider vinegar

255g (90oz) broccoli, shaved

II5g (4oz) spring onions, chopped 15g (1/2 oz) fresh coriander, chopped

I lime, cut into wedges

- Using a vegetable peeler, create carrot and courgette 'noodles' by shaving the vegetables in long, thin strokes.
- 2 In a large frying pan, combine the coconut oil and garlic. Sauté for 2 minutes, or
- 3 Add the fish sauce, coconut aminos, lime juice and cider vinegar, then simmer for 5 minutes or until the sauce is reduced by half.
- 4 Add the carrots, courgette, broccoli and spring onions. Toss to coat and cook for 2-3 minutes.
- 5 Remove the pan from the heat and top with coriander and lime wedges.

























Chicken schnitzel with garlic mushrooms

By Rebecca Field (<u>www.paleodietandfitness.co.uk</u>) **GF SF** Serves 2 | Prep 20 mins | Cook 20 mins | Calories 746 (per serving)

2 chicken breasts

FOR THE COATING

25g (loz) hazelnuts, soaked overnight 50g (13/oz) almonds, soaked overnight 4 tbsp coconut flour I free-range egg, beaten with I tbsp water

FOR THE MUSHROOMS

200g (7oz) button mushrooms, quartered I garlic clove, peeled 2 tbsp ghee or clarified butter 2 tbsp fresh parsley, chopped flaked sea salt duck fat or lard, for shallow frying green salad, to serve

- Preheat the oven to 180°C/Gas Mark 4.
- 2 Butterfly the chicken breasts, then flatten. Blitz the nuts until they resemble coarse breadcrumbs.
- 3 Place the nuts, coconut flour and the beaten egg on separate plates.
- 4 Dip each side of the chicken in flour, then egg, then nuts. You may need to press the nuts all over due to the texture.
- 5 Heat a large frying pan over a medium heat.
- 6 Fry each escalope for about 5 minutes on each side. Season with salt, then place them on a baking tray. Bake in the oven for 10 minutes, or until the chicken is cooked through.
- 7 Heat a little fat in a clean frying pan and add the mushrooms and a pinch of salt. Cook for a few minutes, then remove from the heat. Add the garlic, ghee and parsley and leave to melt.
- 8 Serve the escalopes with a big green salad and spoon over the garlic mushrooms.

Grilled rainbow trout in a red pepper sauce

By Natalia Mantur (<u>www.eatandtravelglutenfree.com</u>)

GF SF DF EF

Serves 2 | Prep 60 mins plus chilling | Cook **35 mins** | Calories **69 I** (per serving)

500g (IIb loz) scaled trout fillet 250g (9oz) baby spinach 2 tbsp canola oil a small handful of fresh basil, to garnish sea salt

FOR THE SAUCE

2 tbsp crushed red pepper

200ml (7fl oz) soya cream **FOR THE MARINADE** juice of ½ a lemon 2 tbsp canola oil I tbsp your favourite dried

2 tbsp vinegar

200ml (7fl oz)

water

I For the marinade, combine the lemon juice with the oil and herbs, mix thoroughly, then rub into the fish. Cover with foil and chill in the fridge for at least I hour.

herbs

- 2 For the sauce, put the vinegar, water and pepper into a saucepan and simmer for 30 minutes. Strain through a strainer so that only the pepper grains are left. Put the pepper back into the saucepan and add the soya cream. Simmer for 3 minutes, stirring constantly. Remove from the heat.
- 3 Heat up a grill pan, then grill the trout on both sides until golden brown.
- 4 Heat a separate pan, then add the spinach. After I minute, add the canola oil and stir. Remove from the heat and transfer to serving plates. Season with sea salt and fresh basil. Add the pepper sauce and the trout. Serve warm, with a salad or potatoes.























Oven-baked chicken & bacon casserole

By Vicki Montague (www.freefromfairy.com)



Serves 2 | Prep 20 mins | Cook I hr | Calories 479 (per serving)

2 chicken legs

2-3 rashers of bacon, chopped

I onion, peeled, chopped

2 large carrots, peeled, chopped

I celery stick, chopped

I garlic clove, peeled, finely chopped

100g (31/20z) green beans

2 rosemary sprigs, woody bits removed, chopped

500ml (18fl oz) gluten-free chicken stock salt and freshly ground black pepper

- Preheat the oven to 180°C/Gas Mark 4.
- 2 Place the chopped onion, bacon and chicken in a large casserole dish on a low heat, then stir until lightly browned.
- 3 Add the garlic, herbs and vegetables to the pot and fry for a further minute.
- 4 Pour over the stock, bring to the boil, then remove from the heat.
- 5 Place the pot carefully in the oven and cook for about I hour (with the lid off) until the chicken is starting to fall off the bone and the vegetables are lovely and soft.













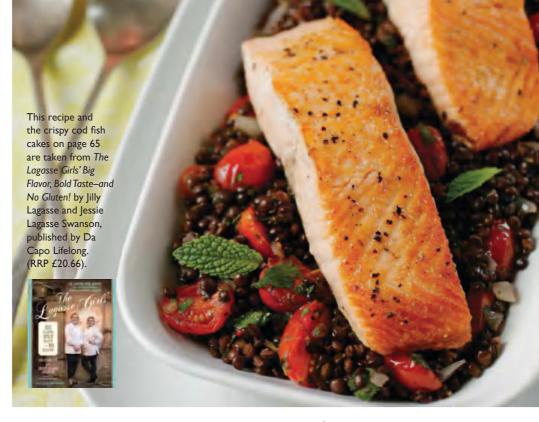












Seared salmon with warm lentil, tomato, and mint salad

By Jilly Lagasse and Jessie Lagasse Swanson GF SF DF EF Serves 4 | Prep 25 mins | Cook 25 mins | Calories 473 (per serving)

200g (7oz) lentils of your choice, rinsed gluten-free chicken or vegetable stock, (the quantity varies depending on the lentil variety)

3 tbsp extra-virgin olive oil, divided 75g (2¾oz) onion, peeled, diced 200g (7oz) grape tomatoes, quartered I tbsp fresh parsley, chopped I tbsp fresh mint, chopped salt and freshly ground black pepper 2 tbsp freshly squeezed lemon juice 4 salmon fillets, skin on ½ a lemon

In a small saucepan over a medium-high heat, bring the lentils and the necessary amount of stock to a boil. (Use the lentil package instructions to determine the proper proportion of stock to lentils.) Cook until they are tender, but al dente. The timing can vary greatly depending on the variety of lentil you choose, so keep a close

eye on them. You don't want them mushy, and they should keep their shape. Once cooked, remove from the heat and set aside.

- 2 Heat 2 tbsp olive oil in a large pan over a medium-high heat. Add the onion and sauté for 3-4 minutes until they are translucent. Add the lentils, tomatoes, parsley, mint and salt and pepper to taste, then stir gently to incorporate. Let the mixture cook for 2-3 minutes, stirring often so that it doesn't burn. Remove from the heat and stir in the lemon juice. Set aside.
- 3 Season the salmon fillets with salt and pepper. Heat the remaining olive oil in a large, non-stick pan. Place the fillets skinside down in the pan, reduce the heat to medium-low and cook for 5-8 minutes, until the salmon looks to be about cooked through.
- 4 Spoon a generous portion of lentils onto each plate. Top with a portion of the salmon (remove the skin if desired). Squeeze over a few drops of lemon juice from the lemon half on top of the salmon and serve immediately.

Crispy cod fish cakes

By Jilly Lagasse and Jessie Lagasse Swanson GF SF EF Makes 6 | Prep 30 mins plus chilling | Cook 20 mins | Calories 131 (per fish cake)

FOR THE FISH CAKES

350g (12oz) cod fillets, or any other white fish you like I tbsp olive oil I tsp Cajun seasoning 450g (IIb) potatoes, peeled, diced, placed in a saucepan of cold water 2 tbsp Dijon mustard 2 tbsp chives, finely chopped I tbsp parsley, finely chopped 6-8 dashes of Tabasco salt and freshly ground black pepper

2 tbsp horseradish sauce (see below) tapioca flour, for coating vegetable oil, for frying rocket, to serve **FOR THE**

HORSERADISH SAUCE

115ml (4fl oz) mayonnaise I tbsp horseradish, grated I tbsp Dijon mustard I tsp parsley, chopped 2 tsp lemon juice salt and freshly ground black pepper rocket, to serve

- 5 In a large bowl, add the cooled potatoes, then mash so they aren't so chunky. You want some chunks, but not
- 6 Add the cooled fish fillets to the bowl. Using a fork or your hands, flake the fish and mix it well with the potatoes.
- 7 Add the mustard, chives, parsley, Tabasco, salt and pepper and 2 tbsp horseradish sauce. Using a spoon, mix all the ingredients together to form the fish cake batter.
- 8 Dust a few tablespoons of tapioca flour on a work surface. Dust your hands with a bit of the flour and, using a ½-cup measuring cup, scoop an even amount of the cake mixture, dump it into your floured hands, and coat all sides of the mixture with the flour, flattening it out slightly to make a patty. Place on a baking sheet and continue until all the fish cakes are formed.
- 9 Place the baking sheet in the fridge for 20 minutes to allow the cakes to set.
- 10 In a large sauté pan, heat a few tablespoons of vegetable oil over a medium-high heat. Fry the fish cakes for 4-5 minutes on the first side until golden brown, then flip and cook the other side for another 3-4 minutes until brown and golden.
- I Transfer the cakes to a paper towel-lined plate or baking sheet to allow to de-grease slightly. Serve warm with a bit of the remaining horseradish sauce dolloped on top and some rocket underneath each cake, if desired.
- I For the fish cakes, place the cod fillets on a plate and drizzle the olive oil and Cajun seasoning on both sides of the fish.
- 2 Heat a sauté pan over a medium-high heat and add the fish. Cook for 3-4 minutes on each side until cooked through. Set aside to cool.
- 3 Over a high heat, bring the saucepan of potatoes and cold water to a boil and cook for 10-15 minutes until forktender. Drain and allow to cool.
- 4 In a medium bowl, combine all the ingredients for the horseradish sauce and mix well. Set aside.













Speedy beef stir-fry

By Dale Pinnock GF SF DF EF

Serves I | Prep 10 mins | Cook 15 mins | Calories 545 (per serving)

olive oil, for stir-frying 3 spring onions, cut on the diagonal into Icm (½in) pieces 2 garlic cloves, peeled, finely sliced I small steak, cut into thin strips a handful of curly kale a handful of baby spinach I tsp runny honey 2 tsp gluten-free soy sauce 2 tsp toasted sesame oil 2 tsp chilli bean sauce sea salt

- I Heat a little olive oil in a pan, add the spring onions and garlic with a pinch of salt, then sauté until the spring onions begin to soften. Add the beef strips and stir-fry for 6 minutes.
- 2 Add the greens and stir-fry for 3 minutes. Add the honey, soy sauce, sesame oil and chilli bean sauce, mix well, then cook for another minute before serving.

Vegetable risotto

By Michael van Straten and Barbara Griggs



Serves 4 | Prep 10 mins plus chilling | Cook 15 mins | Calories 648 (per serving)

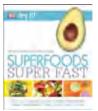
- 3 tbsp olive oil
- 2 garlic cloves, peeled, chopped
- 2 large onions, peeled, sliced
- 125g (4oz) whole unsalted peanuts
- 2 celery sticks, sliced
- 2 large carrots, peeled, sliced
- I large leek, sliced
- 375g (12oz) brown rice, washed 900ml (1½pt) gluten-free vegetable stock

125g (4oz) button mushrooms salt and freshly ground black pepper

125g (4oz) cucumber, peeled, diced

- I Heat the oil in a large frying pan and sauté the garlic, onions and peanuts. Add the celery, carrot, and leek, then sauté for another 5 minutes, stirring frequently. Add the rice and continue to stir for another
- 2 Add the stock, mushrooms and salt and pepper to taste, then bring to the boil. After 6-7 minutes, add the cucumber. Cover and simmer until the rice is tender and all the liquid is absorbed. Add more stock to the mixture if necessary.





Recipe taken from Superfoods Superfast by Michael van Straten and Barbara Griggs, published by Dorling Kindersley. (RRP £8.99).





















Herbed fish cakes

GF SF EF

Makes 4-6 | Prep 30 mins | Cook 20 mins | Calories 213 (per cake)

for 10 minutes.

300g (I loz) white fish fillets 400ml (14fl oz) milk 2 parsley sprigs, leaves chopped, stalks reserved 10 black peppercorns 2 bay leaves

450g (16oz) potatoes, peeled, chopped into even-sized pieces salt and freshly ground black pepper 4 spring onions, finely chopped finely grated zest of I lemon a handful of rocket, roughly chopped 2 dill sprigs, chopped cornflour, for dusting 3-4 tbsp vegetable oil, for frying **TO SERVE**

lemon wedges

rocket

I Put the fish in a frying pan. Cover with milk, add the parsley stalks, peppercorns and bay leaves. Cover, bring to a boil, then reduce the heat and simmer for 4 minutes. Remove from the heat and leave to stand, covered,

- 2 Put the potatoes into a pan and just cover with water. Add the salt, bring to a boil, then simmer for 10-15 minutes, until tender. Drain and roughly crush. Set aside to cool.
- 3 Lift the fish out of the milk with a slotted spoon onto a plate to cool. Flake the fish and discard any bones or skin.
- 4 Add the spring onions, lemon zest and rocket to the potatoes. Add the chopped herbs with salt and pepper to taste. Mix together, continuing to break up the potatoes without creating a smooth mash.
- 5 Add the fish to the potato and herb mixture. Roll the mixture into balls. Lightly dust the balls with cornflour, pat and flatten into fish cakes.
- 6 Heat the oil in a large frying pan. Fry the fish cakes for 4-5 minutes on each side, until crisp and golden. Serve with lemon wedges and rocket.

Lamb curry

GF SF DF EF

Serves 4 | Prep 20 mins | Cook I hr 40 mins | Calories 611 (per serving)

800g (28oz) lamb shoulder, cubed I onion, peeled, thinly sliced 3 garlic cloves, peeled, chopped I tbsp ginger, grated I chilli, seeds removed, finely chopped

2 tsp turmeric

2 tbsp vegetable oil 3-4 tbsp glutenfree curry paste or powder 400g (I4oz) tinned chopped tomatoes 500ml (18fl oz) lamb stock 125ml (4½fl oz) coconut cream

TO GARNISH

desiccated coconut coriander leaves

- I Heat I tbsp oil in a flameproof casserole dish and brown the lamb in batches for 3-4 minutes. Remove with a slotted spoon, then set aside.
- 2 Add the remaining oil to the pan and cook the onion, stirring, for 2-3 minutes until softened. Add the garlic, ginger, chilli and turmeric and cook for I minute until fragrant.
- 3 Add the curry paste or powder, stir well to combine, then return the lamb to the pan, stirring to coat in the mixture.
- 4 Add the tomatoes and stock, bring to a boil, then reduce the heat and simmer. uncovered, for about 90 minutes, until the lamb is tender.
- 5 Stir in the coconut cream and cook gently for a further 10 minutes, until the sauce has thickened.
- 6 Sprinkle with desiccated coconut and garnish with coriander.

























Chickpea, millet and sweet potato burgers

GF DF EF MF V

Makes 6 | Prep 25 mins plus standing | Cook 15-20 mins | Calories 373 (per burger)

FOR THE BURGERS

140g (5oz) sweet potato, cut into chunks 90g (3oz) millet 225ml (8fl oz) water 240g (8oz) tinned chickpeas, rinsed, drained 2 garlic cloves, peeled grated zest of ½ a lemon

> 25g (loz) gluten-free oats I tsp ground cumin 1/4 tsp smoked paprika I tbsp olive oil

FOR THE SAUCE

TO SERVE

vegan mayonnaise

¼ tsp salt

½ a mango, peeled, chopped I small red chilli, seeds removed, chopped I tbsp white wine vinegar 2 tbsp olive oil 2 tsp maple syrup ½ tsp salt

6 gluten-free, vegan seeded burger buns salad leaves shaved carrots

- I For the burgers, preheat the oven to 180°C/Gas Mark 4. Line a baking tray with non-stick baking paper.
- 2 Cook the sweet potato in a pan of boiling water for about 10 minutes until tender. Drain and set aside.
- 3 Put the millet in a pan, cover with the water and bring to a boil. Cover and turn off the heat. Leave for 15-20 minutes. until all the water has been absorbed.
- 4 Put the chickpeas, garlic, lemon and salt into a food processor and pulse until the chickpeas are broken down, but not completely smooth.
- 5 Add the sweet potato and pulse again until incorporated. Put into a bowl.
- 6 Add the cooked millet, oats, cumin, paprika and olive oil. Mix thoroughly until well mixed.
- 7 Shape the mixture into six patties and place on the baking tray. Bake for 15-20 minutes until crisp on the outside.
- 8 For the sauce, put all the ingredients into a food processor and blend until smooth.
- 9 Cut the burger buns in half and spoon a little sauce on six halves. Top with the patties.
- 10 Toss the salad leaves and carrots in vegan mayonnaise and place on top of the patties. Replace the bun tops.









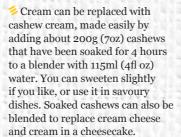




EMOVE EGGS FROM YOUR diet and you might think you will never have a meringue or cake again. You'd be wrong! There are plenty of ways to substitute eggs in your baking and they are very useful to know when you find you have run out of eggs! Check out the substitutes below.

- Finely ground flax (linseeds) or chia seeds. Mix 1 tbsp with 3 tbsp water to create a gel that will replace 1 egg in recipes that require the egg to bind like biscuits and cakes.
- In sweet recipes try substituting 1 banana or 50g (1¾oz) apple purée
- In savoury recipes where you need an egg, like in quiche, try using silken tofu. It even works in scrambled 'eggs'!
- If you want something that you can keep in your cupboard then Ener-G egg replacer can be bought in health food shops. It can be used instead of eggs in most baked goods.
- For the rise that eggs give you in baked products try replacing an egg with 1 tsp bicarbonate of soda and 1 tbsp white or cider vinegar.
- Finally, a fairly new discovery that allows you to make meringues and macaroons egg-free is aquafaba. This is the juice from a tin of chickpeas whisked up until light and fluffy, mimicking egg whites! Use approximately 3 tbsp chickpea (or other bean water) to replace one egg white.

You may consider baking dairy-free to be impossible, but with a little knowledge you'll see how simple it is! Unsweetened nut milks or other plant milks such as oat milk, soya milk, rice milk (for over 5's) and hemp milk can be used to replace dairy milk. Nut adding 1 cup of your nut of choice with



Chilled tinned coconut milk can be whipped up and used to replace whipped cream. Again it can be sweetened or flavoured if you desire.

Mashed avocado can be used to replace butter in recipes in a one-to-one substitution. You may need to add a little more liquid to the recipe to compensate for the lack of moisture in an avocado compared to butter. This also reduces the fat content of the baked goods.

Coconut butter/cream or coconut oil can be used as a substitute for butter in baked products. Reduce the amount by 20% since it is pure fat, whereas butter is only 80% fat. You may need to add a little more liquid to the recipe.

Oils, such as olive oil or rapeseed oil can be used in moist cakes such as carrot cake, or in all-in-one cakes where all the ingredients are combined together in one go. Again reduce the amount of fat required in the recipe by 20%.

Try coconut yoghurt to replace yoghurt. It is very expensive, but a little goes a long way as it is so rich. You can get soya yoghurts too, but be aware that they are very processed and mostly contain sugar (even plain ones).

Tinned coconut milk can be used to make dairy-free ice-cream.

Baking sugar-free can be tricky, but there are ways of avoiding or reducing refined sugar in your bakes. Bear in

> mind that whatever form of sweetener you use, it is still sugar and is still bad for you! The best advice is just to eat and use less of it, rather than trying to search for a 'healthy' sugar.

Try using fruit and vegetables in cakes. They are naturally sweet which means you can considerably reduce the amount of sugar you put in as a sweetener. Be wary of using dried fruits as these have very high levels of sugar.

There are lots of 'natural' sugar alternatives out there with varying attributes; Maple syrup, honey, coconut sugar/ nectar, date syrup, stevia, rice

malt syrup, rapadura/jiggery/panela and agave. Many can be substituted directly with sugar, while others require a little adjustment.

If baking with honey, consider that it is hygroscopic, meaning it attracts moisture. This can be a good thing when baking gluten-free, but may make your crisp biscuits not so crisp!

Reducing the sugar content of a bake by up to 50% will make very little difference to the finished product, but lots of difference to your health (provided you don't just eat more!).

So what about baking and cooking without gluten? Gluten is found in wheat, barley and rye and can contaminate oats too as they are often processed in the same place as the gluten-containing grains. However, there are a huge array of grains and starches out there that do not contain gluten and they are becoming far more readily available! Even if you don't need to avoid gluten, why not widen where you obtain your nutrients from? A few simple tips will help you obtain perfect bakes:

When baking gluten-free you need something to replace the elasticity that gluten offers. Xanthan gum is essential in bread recipes, as is extra liquid, so that you have more of a 'batter' than a dough. As a rule of thumb, more yeast is required to get bread to rise.

Up to 1 tbsp ground flax seeds or psyllium husks can be added to retain moisture in gluten-free bakes as they can often be dry.

Try adding a sugar syrup to cakes once they are cooked and still warm. This helps to bind and add moisture.

A little gelatine or agar agar can help to add structure to gluten-free bread, as can eggs and pectin.

For more information, visit www.freefromfairy.com







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Garlic pilaf

By Jenny Linford

GF SF EF

Serves 4 | Prep 15 mins |

Cook 20-25 mins | Calories 297 (per serving)

250g (9oz) basmati rice

I tbsp olive oil

I garlic clove, peeled, chopped

I bay leaf

½ a cinnamon stick

10g (½oz) butter

300ml (10fl oz) gluten-free chicken stock or water a good pinch of saffron strands, finely ground and soaked with I tbsp hot water

I tbsp pine nuts, toasted

I tbsp fresh parsley, finely chopped

- I Rinse the basmati thoroughly in cold running water to wash out the excess starch; drain well.
- 2 Heat the olive oil in a small, heavy-based saucepan. Add the garlic and fry, stirring, until golden. Take care not to burn it, as it will become bitter. Add the bay leaf and cinnamon stick, then stir in the butter until melted.
- 3 Add the rice, mixing well to coat thoroughly in the oil/ butter. Add the stock, saffron water and salt to taste.
- 4 Bring to the boil, then reduce the heat to very low, cover and cook for 15-20 minutes until the water has absorbed and the rice is soft and fluffy. Discard the bay leaf and cinnamon stick. Sprinkle over the pine nuts and parsley and serve immediately.



Spaghetti alle vongole

By Jenny Linford

GF SF DF EF

Serves 4 | Prep 15 mins |

Cook 15 mins | Calories 535 (per serving)

Ikg (2lb 2oz) fresh clams

400g (14oz) spaghetti

6 tbsp olive oil

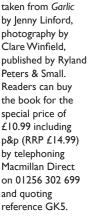
3 garlic cloves, peeled, finely sliced lengthways

6 tbsp fresh parsley, finely chopped

100ml (31/2fl oz) dry white wine

salt and freshly ground black pepper

- I Prepare the clams by rinsing them under running water and sorting through, discarding any that are open. Keep in the fridge until you are ready to cook them.
- 2 Bring a large pan of salted water to the boil. Add the spaghetti and cook until al dente; drain.
- 3 Meanwhile, heat the olive oil in a large saucepan. Add the garlic and fry gently until just golden, stirring often. Take care not to burn the garlic, as this will give a bitter flavour. Add the clams, 2 tbsp parsley and the white wine.
- 4 Cover and cook for a few minutes until the clams have opened. Discard any that remain closed. Season to taste.
- 5 Toss together the cooked spaghetti, clams and remaining parsley, adding just enough of the clam cooking liquor to moisten the spaghetti. Serve at once.



The recipes on

pages 74-75 are

























Roast garlic salt cod croquettes

By Jenny Linford GF SF DF

Serves 4-6 | Prep 25 mins plus soaking | Cook 1 hr 15 mins | Calories 361 (per serving)

I garlic head

600g (IIb 4oz) salt cod fillet, soaked for 24 hours, with water changed 2-3 times during soaking period 600g (IIb 4oz) floury potatoes, peeled, chopped

2 free-range eggs, lightly beaten 2 tbsp parsley, freshly chopped grated zest of I lemon

oil, for deep-frying

salt

FOR THE PARSLEY PESTO

50g (13/oz) parsley, freshly chopped I 20ml (4fl oz) olive oil

- I To roast the garlic, preheat the oven to 180°C/Gas Mark 4.
- 2 Slice the top off the garlic head to expose the cloves inside. Wrap in foil and bake for I hour. Unwrap the foil and set the garlic head aside to cool. When cool, squeeze out the softened garlic from each clove. Mash four cloves.
- 3 For the croquettes, drain the soaked salt cod and place in a pan. Cover generously with cold water, bring to the boil and cook over a medium heat for 20 minutes until tender; drain.
- 4 Boil the potatoes in salted water until tender. Drain, mash and allow to cool. Mix the garlic cloves into the potatoes.
- 5 When the salt cod is cool enough to handle, discard any skin and bones. Flake the fish.
- 6 In a large bowl, mix together the flaked salt cod, mashed potato, eggs, parsley and lemon zest, mixing well. Shape the mixture into 24 croquettes and set aside to cool.
- 7 For the parsley pesto, blitz together the parsley and olive oil in a food processor, then season with salt.
- 8 Heat the oil for deep-frying in a large saucepan until very hot. Fry the croquettes in batches until a rich golden brown in colour, turning them over during frying so that they brown on both sides. Remove and drain on kitchen paper.
- 9 Serve warm from frying, or at room temperature with the parsley pesto.













Blackberry and gingerbread pork

By Seasonal Berries (<u>www.seasonalberries.co.uk</u>) **GF** Serves 6 | Prep 30 mins | Cook I hr 40 mins | Calories 75 I (per serving)

1.5kg (3lb 2oz) boned and rolled pork loin joint with scored skin I tsp fennel seeds, roughly crushed 1/2 tsp cumin seeds, roughly crushed 2 tbsp sunflower oil salt

FOR THE STUFFING

I tbsp sunflower oil I onion, peeled, finely chopped 3 cardamom pods, split outer case discarded, black seeds crushed 75g (3oz) gluten-free ginger biscuits, crushed 75g (3oz) blackberries salt and freshly ground black pepper

FOR THE BEER GRAVY

2 tbsp gluten-free flour 330ml (101/2fl oz) gluten-free light beer 200ml (7fl oz) gluten-free chicken stock 2 tsp light muscovado sugar I tsp German or English mustard 100g (3½oz) blackberries

- Preheat the oven to 240°C/Gas Mark 9. Remove the string from the pork, open out flat with the rind downwards on a board, then cut a long pocket about 5cm (2in) down the length of the joint in the thickest part of
- 2 For the stuffing, heat the oil in a small frying pan, add the onion and fry for 5 minutes until softened. Mix with the remaining stuffing ingredients, then spoon into the pocket and the rest on top of the pork. Roll up and re-tie with fresh string.
- 3 Put the joint in a roasting tin, rub the fennel and cumin seeds into the cuts in the rind and sprinkle with salt. Add the oil to the base of the tin. Roast for 25 minutes. Lower the oven temperature to 180°C/Gas Mark 4. Roast for 20 minutes per 450g (1lb), or until the meat juices run clear when the pork is pierced with a knife through the thickest part.
- 4 Lift the pork out of the tin, put onto a serving plate and keep warm in a low oven. Drain the excess fat from the roasting tin, then stir in the flour and cook for I minute. Pour in the beer and stock, then mix in the sugar and mustard and bring to the boil, scraping up the bits from the bottom of the pan. Boil for 2 minutes, stirring until thickened. Strain into a bowl, then pour back into the rinsed roasting tin. Add the blackberries, season with salt and pepper and bring back to the boil to warm the blackberries through. Pour into a serving dish.
- 5 Remove the string from the pork, carve into slices, then serve with the gravy.















Salmon nest

By Angela Warren (www.imperfectly-paleo.blogspot.co.uk)



Serves 2 | Prep 20 mins | Cook 15-20 mins | Calories 522 (per serving)

FOR THE SALMON

2 salmon fillets, diced salt and freshly ground black pepper

FOR THE SAUCE

Lavocado. peeled, mashed ¼ of a leek, sliced juice of ½ a lemon ½ a red chili, chopped I garlic clove, peeled, finely chopped salt and freshly ground black pepper

FOR THE NEST

I sweet potato, peeled and iulienned I small fennel bulb, finely sliced (keep the fronds to garnish) 1/4 of a leek, sliced olive oil salt and freshly ground black pepper

TO GARNISH

coriander and fennel leaves (fronds)

- Preheat the oven to 190°C/Gas Mark 5. Line a baking sheet with baking paper or lightly grease with coconut oil.
- 2 In a large bowl, combine the nest ingredients. Spread on the baking sheet and bake for 15-20 minutes.
- 3 Fry the salmon for I-2 minutes on each side until browned all over. Transfer to a bowl, leaving the oil in the pan. Sauté the leeks for a few minutes until softened. Add the garlic and chilli and cook for 2 minutes. Add the avocado and lemon juice and cook for 2 minutes.
- 4 Remove the pan from the heat and transfer the sauce mixture to a blender. Blitz until smooth. Return to the pan, season, then add the salmon and gently stir together.
- 5 Serve on a pile of the oven-crisped nest. Garnish with fennel fronds and coriander leaves.

Vegan lasagne

By Hanna Sillitoe (www.beyondfit.co.uk)

GF DF EF MF V

Serves 2 | Prep 20 mins plus soaking | Cook 30 mins | Calories 371 (per serving)

60g (2oz) fresh spinach 8 mushrooms, sliced I tsp coconut oil I garlic clove, peeled I courgette 400ml (14fl oz) chopped tomatoes a pinch of garlic salt

50g (13/4oz) cashews (soaked for I hour) 100ml (3½oz) coconut milk (quarter of a tin) I tbsp nutritional yeast I tsp white wine vinegar salt and freshly ground black pepper parsley, to garnish

- Bring a pan of water to the boil and add the spinach. Take the pan off the heat and allow the spinach to wilt in the hot water. Drain well, then set aside.
- 2 Add the coconut oil to a saucepan, stir in the sliced mushrooms and a crushed clove of garlic. Warm gently for 5 minutes, then set aside.
- 3 Drain the chopped tomatoes through a sieve so that you don't have too much excess liquid. Stir a pinch of garlic salt and dried oregano through the tomatoes and set aside.
- 4 Blitz the cashews and coconut milk together in a highspeed blender. Add the yeast, vinegar and a little salt and pepper and blitz again. Preheat the oven to 160°C/ Gas Mark 2½. Chop the courgette in half and thinly slice lengthways to give you 12 pasta sheet substitutes.
- 5 Spoon the spinach onto a baking tray lined with greaseproof paper and layer two courgette pieces on top. Add the tomatoes and place another courgette layer on top. Add the mushrooms and a spoonful or two of the cashew cheese, then another courgette layer. Repeat for the second lasagne. Add a final layer of cashew cheese, then bake for 25-30 minutes, Garnish with parsley.





















Millet, mushroom and sage risotto cake

By Henrietta Inman GF SF DF MF

Serves 8-10 | Prep 30 mins plus soaking | Cook 10-20 mins | Calories 143 (per serving)

180g (6¼oz) wholegrain millet, soaked I tbsp coconut oil I garlic clove, peeled, crushed I red onion, peeled, finely chopped I Itr (35fl oz) gluten-free vegetable stock 500g (Ilb Ioz) mixed mushrooms, chopped 10 sage leaves, finely chopped I tsp lemon zest 15-20 whole sage leaves for topping

finely grated zest of I lemon a generous grating of nutmeg I tsp nutritional yeast flakes coarse sea salt and freshly ground black pepper

- 4 free-range eggs 20g (3/oz) parsley, finely chopped, plus extra for garnishing
- 2 Preheat the oven to 180°C/Gas Mark 4. In a large, deep ovenproof frying pan, melt the oil, then add the garlic and onion, cooking on a medium-high heat for 3 minutes, until starting to brown. Add the millet and stir in. Add 250ml (8½fl oz) stock, stir in and simmer for 5 minutes, or until the stock has been absorbed. Add half of the mushrooms along with 250ml (8½fl oz) more stock. Let the millet soak up all of the liquid, then add another 250ml (8½fl oz), stirring until it has all been soaked up.
- 3 Gradually add the rest of the stock, in two batches, and stir in. With the last batch of stock, add the rest of the mushrooms, chopped sage leaves, lemon zest, nutmeg, yeast flakes and seasoning. Cook for 5 more minutes, stirring and testing it until it is soft, but slightly al dente, and all the stock has been absorbed. Remove from the heat, taste and add extra seasoning if necessary.
- 4 In a large bowl, mix the eggs with the parsley. Gradually add about a quarter of the mushroom millet mix at a time to the eggs, stirring well to combine. When everything has been mixed together, tip it all back into the frying pan, evening out the top, Sprikle over the whole sage leaves and bake in the oven for 10-20 minutes until set, but with a slight shake.
- 5 Serve warm from the oven, sprinkled with extra chopped parsley. Any leftovers will keep well in the fridge for up to three days.

Soak the millet in 500ml (17fl oz) filtered water with I tsp lemon juice or apple cider vinegar for 8-12 hours, or overnight. Drain and rinse well.

> Recipe ta from Clea Delicious p made with natural and nourishing in and free from gluten dairy and refined blished by Jacqui nall. (RRP £20).

CLEAN CAKES

Total fat Saturates

Salt



Coconut and avocado wedges

By Lisa Roukin (<u>www.myrelationshipwithfood.com</u>) **GF SF DF MF** Serves 4 | Prep 20 mins | Cook 20 mins | Calories 375 (per serving)

2 avocados, perfectly ripe 80g (3oz) desiccated coconut I free-range egg I tsp mustard I tsp maple syrup paprika sea salt and freshly ground white pepper

- Preheat the oven to 220°C/Gas Mark 7. Line a baking tray with a silicone baking mat or parchment paper.
- 2 Cut the avocados in half, then remove the pip. Cut into 4-6 wedges down the length and carefully use a spoon to scoop out the flesh.
- 3 In a mixing bowl, add the egg. Beat and season with salt, pepper and paprika. Add the maple syrup and mustard and whisk until smooth. In a separate bowl, add the desiccated coconut. Place the avocado slices into the egg mixture, then coat in the desiccated coconut on all sides. Place the wedges on the baking tray and bake in the oven for 6 minutes each side.
- 4 Remove the avocado from the oven and serve hot or cold with tomato ketchup.

TIP You can serve these as a starter or as a side dish for a main course. They complement any burger!













Baked cauliflower and sweet potato patties

By Lisa Roukin (www.myrelationshipwithfood.com)

GF SF DF MF

Makes 10-12 | Prep 40 mins | Cook 35-40 mins | Calories 128 (per patti)

I large cauliflower, stalks removed (half of the cauliflower finely chopped, half finely sliced) 2 sweet potatoes, peeled, grated 5 free-range eggs 100g (31/20z) chickpea flour 2 handfuls of chopped coriander or chives sea salt and freshly

ground white pepper

garlic granules 2 tsp mild curry powder I mango, peeled, stone removed 2 salad tomatoes. deseeded, finely chopped ½ a cucumber, deseeded 100ml (31/2fl oz) soya yoghurt a handful of mint, finely shredded coriander, to garnish

- Preheat the oven to 180°C/Gas Mark 4. Line two baking trays with silicone baking mats or parchment paper.
- 2 Finely chop half of the cauliflower florets, and finely slice the other half of the cauliflower. Place in a large bowl with the sweet potato and coriander (or chives) and mix well.
- 3 Beat the eggs, season with salt, pepper, garlic granules and curry powder. Pour the egg mixture over the sweet potato and cauliflower and mix well. Combine with the chickpea flour. Divide the mixture between the baking trays and shape into 10cm (4in) rounds.
- 4 Bake in the oven for 20 minutes, then carefully flip the patties over and bake for a further 15-20 minutes, or until browned. Allow to cool and firm up on the baking trays for at least 10 minutes before serving
- 5 For the raita, finely chop the cucumber and tomato. Blend the mango. Add the cucumber, tomato, mint and yoghurt.













Paleo pad Thai

By Rebecca Field (www.paleodietandfitness.co.uk)

GF DF

Serves 2 | Prep 20 mins | Cook 5 mins | Calories 624 (per serving)

FOR THE SAUCE

80ml (3fl oz) warm water I tbsp tamarind paste 2 tbsp coconut aminos I tbsp apple cider vinegar 2 anchovy fillets, mashed 2 tbsp coconut sugar

FOR THE NOODLES I tbsp coconut oil

I carrot, thinly sliced 2 garlic cloves, peeled, crushed 8 spring onions, chopped 2 free-range eggs, beaten

170g (6oz) chicken breast, chopped, cooked 150g (5oz) cooked prawns 2 courgettes, spiralized 340g (12oz) kelp noodles 85g (3oz) bean sprouts 50g (1¾oz) cashew nuts, chopped and toasted

I lime, cut into wedges crushed chilli flakes (optional) I red chilli, thinly sliced (optional)

- I Whisk the sauce ingredients, then set aside.
- 2 Heat the cashews in a dry frying pan until evenly browned. Set aside
- 3 Warm the coconut oil in a pan, then add the carrot, garlic and 6 spring onions. Sauté for 20-30 seconds, stirring continuously. Add the eggs and leave for about 20 seconds so that the eggs start to set. Stir the egg together with the vegetables, then add the chicken, prawns and kelp noodles. Stir in half the cashews, half the bean sprouts and the sauce. Cook for another minute, or until everything is heated through.
- 4 Add the courgette noodles at the last minute and stir through. Serve with the remaining spring onions, cashews, bean sprouts and lime wedges. Offer crushed chilli flakes or sliced fresh chilli on the side for those who like it spicy.













Paleo katsu curry

By Rebecca Field (<u>www.paleodietandfitness.co.uk</u>) **GF DF** Serves 2 | Prep 15 mins | Cook 45 mins | Calories 844 (per serving)

FOR THE SAUCE

2 carrots, peeled, chopped I onion, peeled, chopped 6 garlic cloves, peeled, crushed 450ml (16fl oz) gluten-free chicken stock 5cm (2in) piece of fresh ginger, chopped 2 tbsp tapioca flour I tbsp coconut sugar 2 tbsp curry powder I tsp turmeric ½ tsp garam masala 2 tbsp coconut oil

FOR THE CHICKEN

2 skinless chicken breasts 4 tbsp flax seeds 6 tbsp almond flour I free-range egg 100ml (3½fl oz) almond milk sea salt and freshly ground black pepper cauliflower rice, to serve watercress, to serve I tbsp olive oil

- I Preheat the oven to 180°C/Gas Mark 4. Grease a
- 2 Mix the egg and almond milk together and place into a shallow bowl. Mix the flax seeds and almond flour together and season. Place the chicken breasts into the egg mixture, then into the crumb. Set aside for 5 minutes, then dip into the crumb mixture again.
- 3 Shake off any excess, place onto the baking tray and drizzle with olive oil. Bake in the oven for 30-35 minutes.
- 4 For the sauce, heat the coconut oil in a pan on a medium heat. Add the onions, garlic and ginger and cook for 2-3 minutes. Add the carrots, cover with a lid and cook for 15 minutes on a low heat. Stir regularly. Add a splash of water if there is not enough liquid.
- 5 Add the tapioca flour, curry powder and turmeric and mix well. Slowly add in the chicken stock, making sure you keep stirring to avoid lumps. Add the sugar and garam masala and bring to the boil. Reduce to a slow simmer and cook for 20-25 minutes, stirring regularly.
- 6 Remove from the heat and use a hand blender to blitz into a smooth sauce. If you do not have a hand blender then you can pass the sauce through a sieve.
- 7 Slice up the chicken and serve with cauliflower rice and a side of watercress salad. Pour over the katsu curry sauce and enjoy!











Pita bread

By Jeanne Sauvage GF SF DF EF MF V

Makes 8 | Prep 30 mins plus proving | Cook 4 mins | Calories 236 (per pita)

FOR THE PITA BREADS

tapioca flour, for dusting

435g (15oz) Jeanne's Gluten-Free All-Purpose Flour (see below) I tsp xanthan gum 2 tsp salt

I tbsp gluten-free baking powder I tbsp plus I tsp instant yeast 2 tbsp olive oil, plus extra for greasing I tsp vinegar 360ml (I Ifl oz) warm water

GLUTEN-FREE ALL-PURPOSE FLOUR - MAKES 650G (ILB 60Z)

> 170g (6oz) brown rice flour 200g (7oz) white rice flour 160g (5¾oz) sweet white rice flour 120g (4oz) tapioca flour 2 tsp xanthan gum

- I For the flour, mix together all the ingredients. Transfer to an airtight container. The flour can be stored in a cool, dark place for up to 4 weeks, in the fridge for up to 2 months, or in the freezer for up to 6 months.
- 2 For the pita bread, in a medium bowl, mix together the allpurpose flour, xanthan gum, salt, baking powder and yeast with a spoon. In the bowl of a stand mixer, lightly whisk together the olive oil, vinegar and water with a fork, Place the bowl into the stand mixer fitted with the dough hook, add the flour mixture, then beat on low speed until just combined. Increase the speed to medium-high and beat for 4 minutes.
- 3 Scrape the dough into an oiled bowl, cover with clingfilm and allow to rise for a minimum of I hour. If the dough is to rest for longer than about 4 hours, place it in the refrigerator. If the dough has been refrigerated, let it sit for I hour at room temperature before using.
- 4 One hour before you're ready to bake the pitas, place a baking stone or cast-iron pan on the bottom rack of the oven and preheat to 230°C/Gas Mark 8.

- 5 Line two large baking sheets with parchment paper and dust each lightly with tapioca flour.
- 6 Lightly dust a work surface with tapioca flour. Remove the clingfilm and turn out the dough onto the work surface. Using a knife, cut the dough into eight equal pieces. Lightly flour your hands and roll each piece of dough into a ball.
- 7 Take one of the balls and roll it lightly around the work surface with the palm of your hand to create a smooth surface on the dough. Lightly dust the work surface with tapioca flour again. With the palm of your hand, press the ball into a disk, Lightly sprinkle the top of the disk with tapioca flour and use a rolling pin to roll the disk out to about 4mm (1/8in) thick. Add more tapioca flour, as needed, to the work surface to keep the dough from sticking. Place the finished round on one of the baking sheets. Repeat with the rest of the balls of dough, arranging them at least 2.5cm (Iin) apart on the baking sheets. Cover the rounds of dough with clingfilm so they don't dry out. Allow the rounds to prove (sit) for at least 20 minutes before baking.
- 8 Pick up a round of dough, making sure the bottom has a little tapioca flour on it. Place the round directly on the hot baking stone or pan, floured-side down, and quickly close the oven door.
- 9 Bake for about 4 minutes until the round is puffed but not brown. (If the pita hasn't puffed after 4 minutes, it won't puff. Remove the unpuffed pita from the oven, place it on the plate and cover with the clean kitchen towel. It is still fine to eat.) If your baking surface can accommodate more than one round at a time, bake several at once.
- IOGive the oven about I minute to get back up to temperature and repeat the process with the remaining rounds of dough. Place each baked pita on top of the one that was baked before and cover with the clean kitchen towel to keep them warm (covering them also helps maintain their softness). Pitas are best eaten within 24 hours of baking.
- I Store wrapped in parchment paper (while they're still warm) and placed in a large zip-top bag at room temperature for up to 2 days, or layer with wax paper in a zip-top bag in the freezer for up to 3 months. Rewarm by heating them in a microwave for a few seconds.

Recipe taken from Gluten-Free Wishlist by Jeanne Sauvage, published by Chronicle Books. (RRP £18.99).

















Mexican beef tacos





Makes 6 | Prep 25 mins | Cook 30 mins | Calories 149 (per taco)

FOR THE TACOS

vegetable oil, for greasing 75g (2½oz) chickpea flour 225ml (8fl oz) water ½ tsp salt

FOR THE FILLING

I tbsp oil

1/2 an onion, peeled, chopped I tomato, chopped

250g (9oz) lean minced beef ½-I tsp chilli powder

I small red chilli, seeds removed, finely chopped 200g (7oz) tinned chopped tomatoes salt, to taste

TO GARNISH

diced tomato thinly sliced onion lettuce leaves

- For the tacos, grease a frying pan and heat until hot.
- 2 Whisk together the chickpea flour, water and salt until no lumps remain.
- 3 Pour one-sixth of the batter into the pan and cook for 40-50 seconds, until the base is cooked. Turn over and cook for 20-30 seconds.
- 4 Repeat with the remaining oil and batter. Remove from the pan and set aside until cool enough to handle.
- 5 Preheat the oven to 180°C/Gas Mark 4. Grease the base of an inverted muffin tray.
- 6 Fold each flat pancake in between two upside down muffin wells to form a shell.
- 7 Bake for about 30 minutes until hard and crisp. Carefully remove from the tray and cool to room temperature.
- 8 For the filling, heat the oil in a large heavy-based pan. When hot, add the onions and chopped tomato.
- 9 Cook over a medium heat until soft, then increase the heat and add the minced beef, stirring for a few minutes until browned. Reduce the heat and stir in the chilli powder. Add the chilli and tinned tomatoes and stir well. Season to taste with salt, cover the pan and cook gently for 20-30 minutes, stirring from time to time to avoid the mixture sticking to the bottom of the pan.
- 10 Spoon the mixture into the taco shells and garnish with tomatoes, onion and lettuce.











Tofu bolognese lasagne GF SF DF EF MF V Serves 4-6 | Prep 35 mins | Cook 35-45 mins | Calories 713 (per serving)

FOR THE TOFU BOLOGNESE

I onion, peeled, roughly chopped I carrot, roughly chopped 2 celery sticks, roughly chopped 4 garlic cloves, peeled 2 tbsp olive oil 350g (I2oz) extra-firm tofu, crumbled 155ml (5½fl oz) tomato purée 650ml (23fl oz) tinned chopped tomatoes I tbsp dried oregano

FOR THE BÉCHAMEL SAUCE

130g (4½oz) silken tofu 115ml (4fl oz) unsweetened soya milk I I5ml (4fl oz) gluten-free vegetable stock 2 tbsp tahini 2 tbsp nutritional yeast 2 tsp cornflour ¼ tsp salt 9-10 dried, no boil egg-free lasagne sheets

- I Preheat the oven to 190°C/Gas Mark 5. Grease a baking dish.
- 2 For the tofu bolognese, in a food processor, purée the onion, carrot, celery and garlic to a coarse paste.
- 3 Heat the oil in a pan, add the puréed vegetables and cook for 10-15 minutes, stirring frequently until all the juices have evaporated and the vegetables have softened.
- 4 Add the crumbled tofu and cook for 10 minutes. Add the tomato purée and cook for 2-3 minutes. Add the tomatoes and oregano and cook for 5 minutes, stirring
- 5 For the béchamel sauce, put all the ingredients into a food processor or blender and blend until smooth.
- 6 Spread a thin layer of the tofu mixture in the base of the dish. Top with a single layer of lasagne sheets, breaking them to fit the dish.
- 7 Spoon on a thin layer of tofu sauce and cover with some of the white sauce. Repeat the layers, ending with white sauce.



Free-from advice Ask the experts

Do you need help with your free-from cooking, or do you have a nutritional query? Email your question to nick.gregory@anthem-publishing.com

What is a complete protein and is hemp a complete protein?

Proteins are either complete or incomplete. The difference is in the amino acid composition. Our bodies need over 20 amino acids to build and repair muscles and tissues.

Complete proteins, usually found in animal products, provide all the essential amino acids that your body cannot produce on its own and therefore must be provided by food. Incomplete proteins, usually found in vegetables and grains, lack one or more of these essential amino acids. One of the reasons we love hemp so much is that it naturally contains all 20 amino acids, including all nine essential ones, making it one of the very few plant sources of complete protein.

In addition to the amino acid content, the ratio of these amino acids defines a protein's quality. Hemp seeds contain a desirable ratio of amino acids, making it closer to the quality of animal-based proteins than almost any other plant.

HENRY BRAHAM

I have been choosing recipes from the latest free-from magazine and have noticed you use a lot of potato starch in recipes. Unfortunately I do not seem to be able to digest this, is there an alternative I can use instead?

Thankfully nowadays there are many more ingredients that are widely more available to a gluten-free lifestyle. When it comes to

recipes of a sweet or savoury nature which call for potato flour, I would tend to use a selection of the following based around what level of intolerance you have.

If you are following a grain-free lifestyle, I would tend to use almond flour or coconut flour. However, bear in mind when using ingredients such a coconut flour, that you need to be careful about reducing the amount you need due to its absorption. Baking with coconut flour presents a unique challenge as it does not perform the same as grain-based flours. Start replacing no more than 20% of the flour called for in your recipe, and you may have to add an equivalent amount of additional liquid to your recipes to allow for the ingredients to bind.

I like to make my recipes as simple as possible, and when I'm developing glutenfree recipes I try and keep my ingredients as natural and nutritious as can be and not to complicated.

There are many other grains that can be substituted instead of potato flour such as quinoa flour, buckwheat flour, oat flour, teff flour, gram flour and tapioca flour, also known as tapioca starch, made from the starch extracted from the South America cassava plant. It's a wonderful flour to help bind gluten-free and paleo recipes and also





improves the texture of baked goods.

I hope this helps, happy cooking! LISA ROUKIN

After recently being diagnosed with coeliac disease, I'm struggling to give up pasta and rice and finding it difficult to cook meals that accommodate my intolerance that are also something my

family will enjoy too. Help?

Switching to a gluten-free diet can be quite daunting at first, but once you're armed with the right knowledge and have experimented with different recipes, I'm sure you'll find lots of new meals and foods that both you and your family can enjoy.

If it's pasta and rice you're struggling with, there are so many fantastic alternatives you could try. I'd recommend investing in a spiraliser and try experimenting with a few different vegetables to find alternatives to

pasta. Courgetti and spiralised carrot is very popular at the moment, but you could also try using sweet potato or celeriac.

Ouinoa makes a great substitute for rice and is a readily available ingredient that is easy to prepare. You could also try replacing rice with either grated cauliflower or broccoli. We have a few great recipes for this on our blog and lots of other recipes you could try with your family like polenta pizza, banana pancakes and buckwheat burritos.

STACEY HOGAN

OUR EXPERTS



Henry Braham Henry Braham, Founder of Braham & Murray Good Hemp Proteins & Foods, is a world expert on growing and producing food from hemp. Henry and his wife

Glyn have used their passion for the hemp super seed to build up a thriving business based from their farm in Devon. Good Hemp makes great tasting, healthy food, from Good Hemp Oil to Good Hemp Protein Powders and Good Hemp Dairy-Free Milk. All products are allergen-free with natural health benefits. www.goodhempfood.com



Lisa Roukin Lisa is a chef. teacher and writer, her main focus is developing gluten- and wheatfree recipes. She runs her own business teaching private cookery lessons and

demonstrations, based around her healthy way of eating. She has cooked live on BBC Radio, and was a finalist on Gordon Ramsey's The F Word. She is also a blogger for the Huffington Post and provides gluten-free recipes to Ocado.

www.myrelationshipwithfood.com



Stacey Hogan Stacey Hogan is an experienced home baker who loves to make healthy cakes, meals and sweet treats for the popular website MyNutriCounter. MyNutriCounter

wants to create a community that shares the same vision as they do - of a happier, healthier future for us all. Stacey is passionate about nutrition and healthy eating and loves finding healthy alternatives to everyday meals and snacks. You can find lots of her gluten-free, sugar-free, dairyfree and vegan recipes at www.mynutricounter.com

Health benefits of dark chocolate

Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Studies show that dark chocolate (not the sugary kind) can improve health and lower the risk of heart disease...

By Kris Gunnars, BSc



Dark chocolate is a powerful source of antioxidants

ORAC (oxygen radical absorbance capacity) is a measure of the antioxidant activity of foods. Basically, researchers pit free radicals (bad) against a sample of food and see how well the antioxidants in the food can 'disarm' them.

Raw, unprocessed cocoa beans are among the highest scoring foods that have been tested.

Dark chocolate is loaded with organic compounds that are biologically active and function as antioxidants. These include polyphenols, flavanols, catechins, among others.

One study showed that cocoa and dark chocolate contained more antioxidant activity, polyphenols and flavanols than other fruits they tested, which included

Dark chocolate is very nutritious

If you buy quality dark chocolate with a high cocoa content, then it is actually quite nutritious.

It contains a decent amount of soluble fibre and is loaded with minerals. A 100g bar of dark chocolate with 70-85% cocoa contains:

11 grams of fibre

67% of the rda (recommended daily amount) of iron 58% of the rda of magnesium

89% of the rda of copper

zinc and selenium

98% of the rda of manganese
It also has plenty of potassium, phosphorus,

The fatty acid profile of cocoa and dark chocolate is excellent. The fats are mostly saturated and monounsaturated, with small amounts of polyunsaturates.



Dark chocolate may improve blood flow and lower blood pressure

The flavanols in dark chocolate can stimulate the endothelium, the lining of arteries, to produce the gas nitric oxide.

One of the functions of nitric oxide is to send signals to the arteries to relax, which lowers resistance to blood flow and therefore reduces blood pressure.

There are many controlled trials showing that cocoa and dark chocolate can improve blood flow and lower blood pressure, but the effects are usually mild. However, there is also one study in people with elevated blood pressure that showed no effect, so take all this with a pinch of salt.





Dark chocolate may lower the risk of cardiovascular disease

The compounds in dark chocolate appear to be highly protective against the oxidation of LDL (bad cholesterol). In the long term, this should cause much less cholesterol to lodge in the arteries and we should see a lower risk of heart disease.

In a study of 470 elderly men, cocoa was found to reduce the risk of cardiovascular death by a whopping 50% over a 15-year period.

Another study revealed that eating chocolate two or more times per week lowered the risk of having calcified plaque in the arteries by 32%.



Dark chocolate may improve brain function

The good news isn't over yet. Dark chocolate may also improve the function of the brain.

One study of healthy volunteers showed that five days of consuming high-flavanol cocoa improved blood flow to the brain. Cocoa may also significantly improve cognitive function in elderly people with mental impairment. It also improves verbal fluency and several risk factors for disease.

Cocoa also contains stimulant substances like caffeine and theobromine, which may be a key reason cocoa can improve brain function in the short term.



Dark chocolate raises HDL and protects LDL against oxidation

Consuming dark chocolate can improve several important risk factors for heart disease. Cocoa powder was found to significantly decrease oxidized LDL (bad cholesterol) in men. It also increased HDL and lowered total LDL in men with elevated

cholesterol. Oxidized LDL means that the LDL has reacted with free radicals. This makes the LDL particle itself reactive and capable of damaging other tissues, such as the lining of the arteries in your heart.

Dark chocolate can also reduce insulin resistance, which is another common risk factor for many diseases like heart disease and diabetes.



Dark chocolate may protect your skin against the sun

The bioactive compounds in dark chocolate may also be great for your skin. The flavonols can protect against sun-induced damage, improve blood flow to the skin and increase skin density and hydration.

The minimal erythemal dose (MED) is the minimum amount of UVB rays required to cause redness in the skin, 24 hours after exposure. In one study of 30 people, the MED more than doubled after consuming dark chocolate high in flavanols for 12 weeks.

If you're planning on a beach vacation, consider loading up on dark chocolate in the weeks and months leading up to it.

Take home message

There is considerable evidence that cocoa can provide powerful health benefits, being especially protective against cardiovascular disease.

But of course, this doesn't mean people should go all out and consume lots of chocolate every day. It is still loaded with calories and easy to overeat on. Maybe have a square or two after dinner and try to really savour them.

Be aware that a lot of the chocolate on the market is poor. You need to choose quality stuff; organic, dark chocolate with 70% or higher cocoa content.

Dark chocolates often contain some sugar, but the amounts are usually small and, the darker the chocolate, the less sugar it will contain.

There are of course other benefits to chocolate that I have not mentioned, such as the awesome taste!

For more information, visit www.authoritynutrition.com



My free-from life...

Helen shows how learning to live with an intolerance can be deeply rewarding...

S FAR BACK TO THE AGE OF 17 I can remember having a sore stomach. The pain would normally come after eating, although I hadn't realised it was just food causing me the pain. I was always a worrier, so I put the pain and discomfort down to anxiety. I particularly noticed the pain if I was out for a meal. I'd worry about standing up and having to walk after my meal, even if it was to the car that was parked a bit further than usual from a restaurant. But oddly enough, I thought it was normal! I went to uni, lived life to the full and continued eating normal food. I started hating going out for meals because of the subsequent pain. I also hated going on nights out. I drank all sorts, as most students do, and that included beer. So now my stomach was hurting basically everywhere I went. I was constantly in pain, but still didn't think anything of it. I just thought it was normal.

I moved home with my parents and a few years later I moved in with my boyfriend to our first rented house. It had become the 'norm' to have a hot water bottle straight after dinner every single night to help calm my stomach. I mean, how is that normal? But I still didn't think too much of it. The following Christmas, my boyfriend bought me a hot water bottle - a fancy German wet-suit like hot water bottle - as a stocking filler and I was so happy; it stayed warm for hours and hours so it was perfect. When telling the girls at work about my amazing gift it was met by confusion, 'How often do you use a hot water bottle?' Then it got me thinking that what I was doing was weird. That night I watched as my boyfriend, like clockwork, got up after

dinner and filled the kettle up for my hot water bottle. How had I not noticed that this was really odd?

Could it be all linked to this awful pain? Typing my symptoms into Google flagged up coeliac disease. It was odd how the symptoms did match, but

Even though it's a daunting lifestyle change, you do adapt and life goes on...

then again, IBS wasn't too far removed either. After describing my symptoms to the doctor, he also said he thought it was more likely it was IBS, but would send me for a blood test anyway.

The results

After a few weeks the doctor said my blood test had shown a high percentage chance of coeliac disease. I had another blood test and the results showed that my iron levels were low, which was another element common with coeliacs. As a result I was referred to the practice nurse and now have a B12 iab every three months. It's amazing the difference it makes to my wellbeing.

The doctor referred me to a Gastroenterologist, who suggested I had an endoscopy, and if a gluten-free diet hadn't taken away the pain, or perhaps my blood test wasn't as high, or even if I wasn't anaemic, then I'd have thought about having one. It seemed unnecessary to go through even more

appointments to clarify something I already new.

What's life like now?

Since diagnosis in April 2015, I initially encountered many problems with my food; it's a complete lifestyle change. I struggled with finding tasty and easy lunch ideas. Not many places sell a gluten-free wrap or a sandwich, and when colleagues brought cakes and sweets and chocolate in, I felt a bit left out. But you do get used to it and it's not a big deal in the grand scheme of things. I'm getting healthier and that's the main thing.

I'm still in a hypersensitive first-year stage of my diagnosis, which means I am more likely to feel the effects of eating the smallest bit of gluten, but as my gut heals this will get easier. I still miss pasta, spring rolls and I actually miss real bread, but you find tasty alternatives and making your food from scratch helps you understand exactly what you're eating. I'm getting much better at making bread and, because gluten intolerance is becoming more widely recognised, brands are producing more foods to cater for it. So, even though it is a daunting lifestyle change, you do adapt and life goes on!

I've since joined Coeliac UK, and am in the process of becoming a committee member for my local group. I also created a gluten-free blog to help spread the word about coeliac disease, and to hopefully help anyone who has just been diagnosed, or anyone who wants some tasty new recipes and helpful tips about the autoimmune disease.

For more information, visit www.glutenousminimus.co.uk



Baking RECIPES





Vegan fudgy brownies

By Ali White (www.allergymums.co.uk)

DF EF MF V

Makes 12-14 | Prep 25 mins | Cook 20 mins | Calories 334 (per serving)

225g (8oz) vegan dark chocolate, broken into pieces

25g (loz) mini vegan marshmallows

75g (2¾oz) vegetable fat

75g (2¾oz) vegan margarine

340g (I2oz) caster sugar

300g (10½oz) plain flour

I tsp baking powder

1/4 tsp salt

I tbsp vanilla extract

75ml (2¾fl oz) plus 4 tbsp dairy-free milk

- Preheat the oven to 170°C/Gas Mark 3. Grease a 20x25cm (8x10in) cake dish.
- 2 Placing a large bowl on top of a heavy based pan onethird filled with simmering water. Make sure the bowl doesn't touch the water. Add the chocolate, margarine, vegetable fat and marshmallows. Melt slowly over the heat for about 10 minutes until you have a smooth sauce. Whisk to get rid of any lumps of marshmallow.
- 3 In a bowl, combine the flour, sugar, salt and baking powder. Add the vanilla, then pour in the chocolate sauce. Mix to incorporate the chocolate sauce and flour – you should have a crumbly, thick-looking mix. Add in the milk in a steady stream until you have a gooey mixture.
- 4 Scrap the mixture into the cake tin, then bake in the oven for 25 minutes. The middle of the brownie will sink when it comes out – that's fine. Cool on a wire rack. Cut into individual brownies before it's completely cool. Enjoy!

Dairy-free scones

By Ali White (www.allergymums.co.uk)

DF EF MF V

Serves **6-8** | Prep **20 mins** | Cook 10 mins | Calories 252 (per scone)

175g (6oz) self-raising flour

55g (2oz) strong bread flour

2 tsp baking powder

I tsp bicarbonate of soda

25g (loz) caster sugar

140ml (51/4fl oz) coconut milk

I tsp apple cider vinegar

55g (2oz) vegetable fat

95g (3oz) raisins

coconut cream, whipped, to serve

jam of your choice, to serve

- Preheat the oven to 220°C/Gas Mark 7. Lightly grease a baking sheet.
- 2 Add the apple cider vinegar to the milk and set aside.
- **3** Sift the flours, baking powder and bicarbonate of soda together. Rub in the fat until you have the consistency of breadcrumbs. Stir in the sugar. Stir in the milk and raisins until you have a sticky mixture.
- 4 Turn out the mixture onto a lightly floured work surface. Knead for about 5 minutes until you have a smooth dough, then sprinkle a little more flour over the top. Roll out the dough Icm (½in) thick.
- **5** Tear off scone-sized pieces of dough and shape them into rounds, then bake in the middle of the oven for 10 minutes. Cool on a wire rack and serve with whipped coconut cream and jam for a real treat.























Vegan apple cinnamon cupcakes

By Ali White (<u>www.allergymums.co.uk</u>) **DF EF MF V**

Makes 12 | Prep 25 mins plus chilling | Cook 17-20 mins | Calories 346 (per cupcake)

6 tbsp dairy-free margarine 70g (21/20z) light brown sugar I tsp baking powder I tsp bicarbonate of soda 11/2 tsp vanilla extract I tsp apple cider vinegar 225g (8oz) plain flour 60g (2oz) apple sauce I I5ml (4fl oz) apple juice ½ tsp cinnamon I Bramely apple, finely chopped

FOR THE BUTTERCREAM FROSTING

115g (4oz) dairy-free margarine

300g (10½oz) icing sugar 55g (2oz) caramel sauce (see below)

FOR THE CARAMEL SAUCE -MAKES 450G (ILB)

I I 5g (4oz) dairy-free margarine

225g (8oz) caster sugar 300g (10fl oz) coconut cream

II5g (4oz) golden syrup 1/2 tsp vanilla extract

I Preheat the oven to 170°C/Gas Mark 3. Line the holes of a 12-hole muffin tin with paper cases. Cream together the sugar and margarine until smooth. Sift in the flour, bicarbonate of soda, baking powder and cinnamon. Add the apple cider vinegar, vanilla, apple sauce and apple juice, then mix into a smooth batter. Stir in the chopped apples.

- 2 Fill the paper cases about two-thirds full with the mixture, then bake in the oven for 17-20 minutes, or until a skewer inserted into the centre comes out clean. Cool for 5 minutes in the tin, then transfer to a wire rack to cool completely.
- 3 For the caramel sauce, in a heavy-bottomed pan, heat the sugar, syrup and margarine over a medium heat. As the mixture starts to warm, stir to make sure nothing sticks to the bottom of the pan. Bring the mixture to a rolling boil, but make sure it doesn't boil over. The mixture will start to thicken (keep giving it a good stir). You need to keep an eye on the temperature to make sure it doesn't get too hot. So check often. You should aim for 110°C/230°F to achieve a nice sauce. Remove from the heat and add the coconut cream and vanilla. Whisk, place back on the heat and bring back to the boil for I-2 minutes. Take off the heat when you reach 110°C/230°F. If it's a bit thin, keep it on the heat for a minute or two more. Pour the sauce into a container to cool down.
- 4 For the frosting, beat the margarine until fluffy. Add the sugar, a cup at a time, and beat for a few minutes. You should have a lovely fluffy icing. Pipe the icing onto the cupcakes and drizzle with caramel sauce. Eat straight away.

TIP You can store the excess caramel sauce in the fridge for future use - over dairy-free ice cream is delicious!











Baking RECIPES



Chocolate, beetroot and raspberry cupcakes

By Lucinda Bruce-Gardyne GF DF MF



Makes 12 | Prep 20 mins plus chilling | Cook 15-20 mins | Calories 191 (per cupcake)

I I 0g (4oz) caster sugar 30g (loz) cocoa powder, sifted 55g (2oz) rice flour 25g (loz) cornflour

2 tsp gluten-free baking powder 3 large free-range eggs

> I I 0g (4oz) dairy-free baking margarine, softened

I tbsp gluten-free blackcurrant jam 100g (3½oz) beetroot, coarsely grated 75g (2¾oz) fresh raspberries

FOR THE CHOCOLATE DRIZZLE

100g (31/20z) gluten-free, dairy-free chocolate, broken into bits

> freeze-dried raspberry pieces and 3 fresh raspberries per cake, to decorate

- Preheat the oven to 200°C/Gas Mark 6. Place 12 large cupcake cases in a 12-hole muffin tray.
- 2 Place the sugar, cocoa, rice flour, cornflour, baking powder, eggs and margarine into a medium bowl, and beat until smooth.
- 3 Mix the jam with the beetroot, then stir into the cake batter. Fold in the fresh raspberries.
- 4 Three-quarter fill the cupcake cases with the cake batter, then bake in the oven for 15-20 minutes until the cakes are well risen and feel springy in the centre. Cool on a wire rack.
- 5 Meanwhile, melt the chocolate in a bowl set over a pan half-filled with boiling water. Using a teaspoon, drizzle the melted chocolate back and forth over the top of each cupcake.
- 6 Before the drizzled chocolate sets, sprinkle with dried raspberry pieces and arrange raspberries in the centre of each cake.

Recipe taken from The Genius Gluten Free Cookbook by Lucinda Bruce-Gardyne, photography by Joff Lee, published by Vermilion. (RRP £14.99).















Orange cream ice lolly

GF SF DF EF MF V

Makes 12 | Prep 20 mins plus freezing | Cook none | Calories 98 (per lolly)

400ml (14fl oz) tin of light coconut milk 4 tbsp maple syrup 225ml (8fl oz) freshly squeezed orange juice

I tbsp orange zest

- In a large bowl, whisk together the coconut milk and 2 tbsp maple syrup until smooth.
- 2 Pour the coconut mixture into ice lolly moulds, filling each mould halfway. Freeze for 10 minutes.
- 3 In a small bowl, whisk together the orange juice, orange zest, and remaining maple syrup.
- 4 Remove the coconut mixture from the freezer, then pour the orange juice mixture into the moulds. Insert the sticks. Freeze for 12-24 hours, or until frozen through. Store in the freezer for up to 3 months.

Baked iced doughnuts

By Sarah Sibley (www.bakewithsarah.com)

GF MF

Makes 12 | Prep 20 mins | Cook 8-10 mins | Calories 174 (per doughnut)

75g (2¾oz) gluten-free self-raising flour blend

¼ tsp xanthan gum

60g (2oz) caster sugar

10g (1/20z) butter

60ml (2fl oz) milk

2 free-range eggs

1/2 tsp vanilla extract

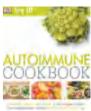
350g (12oz) icing sugar

55ml (2fl oz) water

a few drops of food colouring (optional) gluten-free sprinkles

- I Preheat the oven to 160°C/Gas Mark 3. Grease a doughnut tin thoroughly.
- 2 Stir together the flour, sugar and xanthan gum. In a separate bowl, melt the butter. Add the milk, eggs and vanilla to the melted butter and whisk together.
- 3 Slowly add the wet ingredients to the dry ingredients and mix thoroughly. Carefully spoon the runny mixture into the tin using a teaspoon, making sure each of the cups is filled to around three-quarters full.
- 4 Bake for 8-10 minutes until firm, but springy to the touch. Carefully remove the doughnuts from the tin and transfer to a wire rack to cool.
- 5 Mix the icing sugar and water together, adding a few drops of colouring if desired. Pipe a thick circle of icing onto the top of each of the doughnuts so that it drips down the sides and into the middle. While the icing is still wet, cover it with sprinkles.





























Matcha maca cacao tricolore treats

By Angela Warren (<u>www.imperfectly-paleo.blogspot.co.uk</u>)



Makes 15-20 | Prep 20 mins plus freezing | Cook none | Calories 69 (per treat)

130g (4½oz) unsalted cashews

75g (23/oz) unsweetened desiccated coconut

- 2 tsp vanilla extract
- a pinch of salt
- I tsp matcha green tea powder
- I tsp maca powder
- 2 tsp raw cacao powder
- 2 tsp maple syrup (optional)
- In a high-speed food processor, add the cashews, coconut, vanilla, salt and maple syrup (if using), then blend for 5-10 minutes until smooth and creamy, scraping down the sides every so often when needed. The mixture should resemble a smooth, thick cashew nut butter.
- 2 Remove the mixture from the food processor and divide between three bowls.
- 3 In the first bowl, add the matcha and mix to combine thoroughly. Fill a mini silicone mould one-third full, ensuring a neat and flat surface for a clean line when turned out of the mould. Place in the freezer.
- 4 Add the maca to the second bowl and mix to combine.
- **5** Remove the silicone mould from the freezer and neatly layer on a maca white layer on top of the green layer, smoothing the surface as before. Return to the freezer.
- 6 Mix the cacao in the final bowl until well combined.
- 7 Remove the mould from the freezer and layer on the cacao layer, smoothing the tops neatly (this will be the base and they will not sit flat if not smooth).
- 8 Refrigerate to set before turning out of the mould..













Raw cacao 'chunky monkey' chia pudding

By Angela Warren (<u>www.imperfectly-paleo.blogspot.co.uk</u>)



Serves **I-2** | Prep **IO mins** plus freezing | Cook none | Calories 298 (per serving)

- 4 tbsp chia seeds
- I tbsp unsweetened desiccated coconut
- I ripe banana, peeled
- 250ml (9fl oz) unsweetened hazelnut milk
- I tsp vanilla extract
- 2 tbsp raw cacao powder
- I-2 tbsp honey, to taste

FOR TOPPING

½ a banana, peeled, sliced into discs unsweetened desiccated coconut

walnuts cacao nibs

- I Blend the banana, desiccated coconut, milk, vanilla and cacao powder (and honey if using) until smooth.
- 2 Stir the blended mix with the chia seeds in a bowl.
- 3 Cover and place the bowl in the fridge for a minimum of 5 hours, preferably overnight, so the chia seeds can absorb the liquid and expand. If possible, give the mix another stir after the first 15-30 minutes to ensure the chia seeds don't sink to the bottom before full expansion.
- 4 When ready to eat, add your toppings and dig in.













Basic scones

By Jeanne Sauvage **GF MF**

Makes 15-16 | Prep 25 mins plus resting | Cook 20-25 mins | Calories 229 (per serving)

place in the fridge for I hour to rest.

470g (IIb Ioz) Jeanne's **Gluten-Free All-Purpose Flour** (see below) 2 tbsp gluten-free baking powder ½ tsp salt 100g (3½oz) granulated sugar 110g (4oz) unsalted butter, cold cut into 16 pieces 2 extra-large free-range eggs, lightly beaten 180ml (6fl oz) buttermilk 120g (4oz) dried fruit, such as currants, raisins, or cranberries

I tsp lemon, lime, or orange zest (optional) tapioca flour, for dusting I free-range egg, beaten with I tbsp water **FOR THE ALL-PURPOSE FLOUR -**

170g (6oz) brown

200g (7oz) white rice flour (white) rice flour (glutinous rice flour)

120g (4oz) tapioca flour 2 tsp xanthan gum

- xanthan gum. Transfer to an airtight container.
- 2 In a large bowl, whisk together the flour, baking powder, salt and sugar. Add the butter and rub the butter and dry ingredients together until the mixture looks like sand
- I For the all-purpose flour, whisk together the flours and
- mixed with pebbles of varying sizes.

- MAKES 650G (ILB 6OZ) rice flour 160g (51/20z) sweet
- baking sheets with parchment paper. 6 Remove the dough from the refrigerator and unwrap it, keeping the clingfilm underneath. Place another piece of clingfilm on top of the dough. Using your hands, pat the

3 Add the eggs and buttermilk and mix with a fork until the

fruit and lemon zest and mix until well combined. The

dough will be stiff, so you may need to use your hands.

4 Shape the dough into a fat disk, wrap well in clingfilm, and

5 Preheat the oven to 190°C/Gas Mark 5. Line two large

ingredients come together in a rough ball. Add the dried

- dough until it's 2.5cm (Iin) thick, Using a 5cm (2in) round cookie cutter, cut out as many circles as you can, dipping the cutter in tapioca flour before each cut. To ensure that the scones rise as high as possible, do not twist the cutter while you're cutting the dough.
- **7** Place the scones on the baking sheets at least 2.5cm (1in) apart. Carefully brush the top of each scone with the egg wash, taking care that the wash doesn't drip down the sides of the scone (this will also hinder their rise).
- 8 Bake one sheet of scones at a time for 20-25 minutes, until the tops of the scones have risen and are light brown. Remove from the oven and carefully transfer to a wire rack to cool. Store in an airtight container at room temperature for up to 3 days, or in the freezer for up to 3 months

This recipe and the oyster crackers on page 98 are taken from Gluten-Free Wishlist by Jeanne Sauvage, published by Chronicle Books. (RRP £18.99).













Baking RECIPES





Oyster crackers

By Jeanne Sauvage



Makes 160 | Prep 15 mins plus chilling | Cook 10 mins | Calories 5 (per cracker)

145g Jeanne's Gluten-Free All-Purpose Flour (see page 97)

I tsp salt

I tbsp granulated sugar

2 tsp gluten-free baking powder

3 tbsp unsalted butter, cold, cut into six pieces 60ml (2fl oz) ice water

- In a medium bowl, mix the flour, salt, sugar and baking powder to combine. Add the butter and rub it into the dough with your fingers, It should look like a mixture of flakes, pebbles and boulders.
- 2 Add the ice water and mix with a fork until combined. Use your hands to bring the dough together into a ball.
- 3 Using your hands, shape the dough into a disk and wrap it in clingfilm. Chill the dough in the refrigerator for I hour.
- 4 After an hour, position racks in the middle and bottom of the oven and preheat to 200°C/Gas Mark 6. Line two large rimmed baking sheets with parchment paper.
- 5 Unwrap the dough and place it between two large sheets of wax paper. Roll out the dough until it is 5mm (¼in) thick, Using a small round cookie cutter, cut out as many circles as you can. Using a metal spatula, transfer the cut dough to a baking sheet, leaving 1 cm (½in) between each circle. Reroll the scraps and repeat the process until the baking sheets are filled.
- 6 Place one baking sheet on the middle rack and the other on the lower rack of the oven. Bake for 5 minutes, switch the positions of the sheets, then bake for another 5 minutes, until the bottoms of the crackers are light brown, Transfer to a wire rack to cool,

Pumpkin apple pie

By Natalia Mantur (<u>www.eatandtravelglutenfree.com</u>)

GF DF MF

Serves 8 | Prep 20 mins | Cook 40-45 mins | Calories 391 (per serving)

3 free-range eggs, separated

50g (1¾oz) potato starch

50g (13/oz) tapioca flour

30g (loz) cornflour

70g (2½oz) millet flour

80g (3oz) Muscovado sugar

150ml (5fl oz) coconut oil, melted, plus extra for greasing

250ml (9fl oz) pumpkin purée

5 large apples, peeled, cored, sliced

I tbsp ground cinnamon

½ tsp ground nutmeg

½ tsp ground cloves

- Preheat the oven to 200°C/Gas Mark 6. Grease a baking tin with a little oil
- 2 Beat the egg whites until stiff, then set aside. Combine the egg yolks, sugar and coconut oil until they form a thick and creamy texture. Sift in the flours, cinnamon, nutmeg and cloves and mix thoroughly.
- **3** Gradually add the pumpkin purée, stirring gently with a spatula, then add the egg whites in the same way. Spoon into the baking tin, arrange the apples on top, then bake for about 40-45 minutes.





















Dairy-free white chocolate bark

By Lisa Roukin (<u>www.myrelationshipwithfood.com</u>) **GF SF DF EF MF V**Serves **12-14** | Prep **20 mins** plus chilling | Cook **20 mins** | Calories **218** (per serving)

I50g (5½oz) cacao butter
I20g (4oz) cashew butter
I20g (4oz) agave nectar
60g (2oz) cashews, roasted, chopped
40g (1½oz) pistachios, chopped
60g (2oz) dried cranberries
60g (2oz) dried apricots, sliced
½ a vanilla pod, deseeded

- I Preheat the oven to 180°C/Gas Mark 4. Line a baking tray with a silicone baking mat or parchment paper. Place the cashews on the baking tray and bake in the oven for 20 minutes, turning every 5 minutes to ensure they don't burn.
- **2** Gently melt the cacao butter in a bain-marie, stirring to make sure all the butter has melted. Take the bowl off the heat and leave to cool slightly.
- **3** Whisk the cashew butter into the cacao butter, along with the agave nectar until very smooth. Stir in the dried cranberries, apricots and vanilla.
- 4 Pour the mixture onto a silicone mat or baking tray, scatter over the cashew nuts and pistachios and chill in the refrigerator for 4-6 hours, or overnight. Break into pieces to serve.

TIP You can be experimental with what you put in this recipe – choose the nuts and dried fruits that you and your kids like.



Baking RECIPES



Coconut chocolate orange macaroons

By Lisa Roukin (www.myrelationshipwithfood.com)



Makes 12 | Prep 30 mins plus chilling | Cook 10-12 mins | Calories 56 (per macaroon)

2 large free-range egg whites

2 tbsp agave syrup

grated zest of I orange

1/4 tsp vanilla extract

95g (31/4 oz) shredded coconut

a pinch of salt

FOR THE TOPPING

40g (1½oz) dairy-free dark chocolate, melted

- Preheat the oven to 170°C/Gas Mark 3. Line a baking tray with a silicone baking mat or parchment paper.
- 2 In a mixing bowl, whisk the egg whites vanilla, agave syrup and salt. Mix in the orange zest, then gradually mix in
- **3** Fill a rounded soup spoon with the mixture, then press firmly to create a rounded shape. Carefully slide the dollops onto the mat or baking tray. Repeat with the mixture to make 12 balls, spacing well apart.
- 4 Bake in the oven for 10-12 minutes, rotating the tray after 6 minutes to prevent burning.
- 5 Remove the tray from the oven and leave to cool for 10 minutes, before carefully transferring to a cooling rack.
- 6 When cooled, melt the chocolate and drizzle through a piping bag. Place in the refrigerator to set for about 20 minutes.



Spirulina chocolate peppermint bites

By Kaitlin Condon (www.superfoodliving.com)

GF SF DF EF MF V

Makes 12 | Prep 10 mins plus freezing | Cook none | Calories 133 (per bite)

125g (41/20z) walnuts

25g (loz) almonds

175g (6oz) dates

I tbsp raw cacao

I tbsp spirulina

1/2 tsp peppermint extract

2 tbsp cacao nibs

- I Place the walnuts and almonds in a food processor and process into small pieces – don't let the nuts become butter!
- 2 Add the remaining ingredients and process until all of the ingredients start to stick together.
- **3** Place the mixture in the fridge for I hour to firm up.
- 4 Remove from the fridge and roll the mixture into I tablespoon-sized bites.
- 5 Store in a sealed container in the fridge until ready to eat.























Zesty orange gingerbread men

By Udis Gluten-Free (<u>www.udisglutenfree.co.uk</u>) **GF EF MF** Makes 16 | Prep 25 mins plus chilling | Cook 12-15 mins | Calories 165 (per gingerbread man)

275g (10oz) Udi's Gluten Free All Purpose Flour, plus extra for dusting

> I dsp ground ginger ½ tsp xanthan gum I tsp bicarbonate of soda finely grated zest of I orange 25g (loz) stem ginger, finely chopped 75g (2¾oz) butter

50g (13/oz) dark brown sugar 2 tbsp golden syrup

FOR THE ICING

175g (6oz) icing sugar 20ml (Ifl oz) warm water gluten-free food gel, colours to suit gluten-free decorations

- I Preheat the oven to 190°C/Gas Mark 5. Grease and line two baking trays.
- 2 Sieve the flour, ginger, xanthan gum and bicarbonate of soda into a large mixing bowl, then add the orange zest and stem ginger.
- 3 Place a small pan over a low heat and add the butter, sugar and golden syrup. Stir until the sugar has dissolved, then pour into the flour mix. Beat with a wooden spoon until thoroughly combined and a firm dough has formed. Wrap in clingfilm and chill in the fridge for 30 minutes.
- 4 Sprinkle a work surface with a little flour and roll out the dough to 5mm (¼in) thick. Use cutters to make the gingerbread shapes and place on the baking trays, leaving a little space between each one.
- **5** Bake in the oven for 12-15 minutes or until firm and golden brown, then turn out onto a cooling tray.
- 6 Mix the icing sugar with the water to make a thick icing. Colour with your choice of food colouring and use to decorate the biscuits as desired.











Baking RECIPES



Panna cotta with rhubarb compote

By Good Hemp (www.goodhempfood.com)



Makes 4 | Prep 20 mins plus chilling | Cook **20 mins** | Calories **149** (per panna cotta)

FOR THE PANNA COTTA

500ml (18fl oz) Good Hemp Milk

3 tsp agar agar

25g (loz) caster sugar

I vanilla pod

I tbsp rum

FOR THE RHUBARB COMPOTE

350g (12oz) rhubarb

50g (1¾oz) caster sugar

- I Add the agar agar and 3 tbsp water to a small bowl. Leave to stand for 5 minutes.
- 2 Meanwhile, add the Good Hemp Milk, sugar and rum to a pan. Split the vanilla pod in half, scrape out the seeds using a spoon and add these to the pan, along with the
- **3** Gently heat the mixture until it just reaches boiling point. Remove from the heat and stir in the agar agar mixture. Leave to cool for around 10 minutes.
- 4 Strain the mixture through a sieve and divide between four ramekins. Cover with clingfilm and leave to set in the fridge for 2 hours.
- **5** For the compote, trim down the rhubarb to remove any woody parts and chop into large chunks. Add the rhubarb, caster sugar and 150ml (5fl oz) water to a pan. Stir constantly until the sugar is dissolved and continue to cook for 12-15 minutes until the mixture becomes thick and jammy.
- 6 Turn out the panna cottas and serve with the compote.













French profiteroles

By Hanna Sillitoe (www.beyondfit.co.uk)

GF SF DF MF

Makes 8 | Prep 20 mins | Cook **20-30 mins** | Calories **353** (per profiterole)

100ml (3½fl oz) almond milk

60g (2oz) rice flour

2 free-range eggs

I tsp gluten-free baking powder

4 tbsp coconut oil

FOR THE CASHEW CREAM

4 tbsp coconut oil

200g (7oz) soaked cashews

2 tbsp maple syrup 400ml (14fl oz) tin of coconut milk, cream only

FOR THE **CHOCOLATE SAUCE**

I tbsp coconut oil

I tbsp cacao powder

I tbsp maple syrup

- I Preheat the oven to 200°C/Gas Mark 6. Line a baking tray with greaseproof paper.
- **2** Gently warm the milk and coconut oil in a saucepan.
- **3** Turn the heat off, cool for 5 minutes, then stir in the rice flour and baking powder to create a sticky dough.
- **4** Beat in the eggs until the mixture forms a thick, smooth dough. Use a tablespoon to spoon eight blobs of dough onto a baking tray lined with greaseproof paper, then bake in the oven for 20-30 minutes, until the buns are golden brown. Remove from the oven and leave to cool.
- 5 Blitz the cream ingredients together until it forms a smooth, cashew cream consistency.
- 6 Boil a pan of water and place a glass bowl over it.
- 7 Heat the coconut oil, cacao powder and syrup in the glass bowl, stirring continuously until combined. Turn the heat off and allow the mixture to begin cooling.
- 8 Fill the buns with cashew cream and pour over the chocolate sauce.











Mini banoffee pies

By Hanna Sillitoe (www.beyondfit.co.uk) GF DF F MF

Makes 12 | Prep 15 mins plus freezing | Cook none | Calories 328 (per pie)

FOR THE BASE LAYER

200g (7oz) chopped dates 3 tbsp coconut oil 50g (1¾oz) Brazil nuts 25g (1oz) pistachios

FOR THE

200ml (7fl oz) coconut milk I tbsp honey or maple syrup 200g (7oz) cashew nuts 2 tbsp coconut oil I large banana, peeled

FOR THE TOP LAYER

I 00ml (3½fl oz)
coconut milk
3 tbsp nut butter
I tbsp cacao powder
a pinch of sea salt
banana, peeled,
sliced into coins
dairy-free, gluten-free

dark chocolate,

to decorate

- Process the base layer ingredients in a blender until they are well combined.
- 2 Scoop a tablespoon of base mixture into a 12-hole silicone cupcake mould and press down firmly. Repeat until the tray is full, then place in the freezer for 20 minutes.
- 3 Blend the middle layer ingredients, scrape down the sides, then process for a further 15 seconds until the cashew cream is smooth and evenly combined.
- 4 Use a tablespoon to scoop the cream on top of the frozen banoffee bases. Repeat until the tray is full and return the tray to the freezer for 20 minutes. (You should be left with a third of the mixture still in the blend and prep bowl).
- 5 Add the top layer ingredients to the remaining cashew cream and blend to a purée.
- Spoon the nutty chocolate cream onto the frozen middle layer, dividing it equally between all the cups. Return to the freezer for at least 20 minutes to set.
- 7 Remove from the freezer and allow to thaw for I hour before serving. Top with a slice of fresh banana and grated dark chocolate.







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Coconut rose cake

By Henrietta Inman GF DF MF

Serves 10-12 | Prep 30 mins | Cook 35 mins | Calories 216 (per serving)

FOR THE CAKE

coconut oil, for greasing gluten-free flour, for dusting 5 free-range eggs, separated 150g (51/4oz) coconut sugar 100g (3½oz) desiccated coconut 2 tbsp plus 1/2 tsp rose water 1/4 tsp Himalayan pink salt

FOR THE VANILLA COCONUT CREAM

I vanilla pod, split lengthways, seeds scraped out

50g (1¾oz) raw clear honey or blonde coconut nectar 480g (IIb Ioz) coconut cream, whipped

TO DECORATE

1/2- I tbsp rose water, for dabbing 100g (3½oz) toasted flaked coconut

- Preheat the oven to 190°C/Gas Mark 5. Line the bottom of an 18cm (7in) loose-bottomed cake tin with greaseproof paper, then grease the edges with coconut oil and lightly dust with gluten-free flour.
- 2 In a large bowl, beat the egg yolks with half of the coconut sugar, the desiccated coconut and rose water. In a freestanding mixer, whip the egg whites and salt until firm, then whisk in the remaining coconut sugar. Gently fold in the egg whites to the coconut mixture, about a third at a time, making sure to mix very lightly until just combined.
- 3 Pour the mixture into the cake tin and bake for 20 minutes. Rotate the tin and bake for a further 15 minutes, or until the top is dark golden brown, bounces back when you touch it, or a skewer inserted into the centre of the cake comes out clean. The dark brown colour of the cake is normal. Leave to cool.
- 4 For the vanilla coconut cream, fold the vanilla seeds and honey, or coconut nectar, into the whipped coconut cream. Divide roughly into four.
- **5** When the cake has cooled, carefully cut it into three layers using a large serrated knife. The bottom layer might look a little wet, but do not worry. Dab each layer with a little rose water, using ½-1 tbsp in total. Sandwich together the layers of sponge, using a palette knife to spread a quarter of the cream onto each layer, including the top of the cake. The final quarter of cream should be carefully spread around the edges of the cake so the whole cake is encased in the cream. To finish, cover the whole cake with the toasted flaked coconut and serve.

The recipes on pages 105-106 are taken from Clean Cakes: Delicious pâtisserie made with whole, natural and nourishing ingredients and free from gluten, dairy and refined sugar by Henrietta Inman, photography by Lisa Linder, published by Jacqui Small. (RRP £20).













Courgette, basil, lime and pistachio cake

By Henrietta Inman GF DF MF

Serves 12 | Prep 30 mins | Cook 20 mins | Calories 349 (per serving)

FOR THE CAKE

90g (3oz) pistachio nuts 60g (2oz) coconut flour 1½ tsp gluten-free baking powder 1½ tsp bicarbonate of soda 180g (6¼oz) courgettes, grated 150g (51/4oz) coconut yoghurt 150g (5¼oz) coconut sugar 3 free-range eggs 1/4 tsp Himalayan pink salt finely grated zest of 3 limes

15g (1/20z) basil leaves,

finely chopped, plus extra for scattering

60g (2oz) coconut oil,

melted, plus extra for

greasing

200g (7oz) avocado flesh 250g (8¾oz) coconut yoghurt 100g (3½oz) blonde coconut nectar finely grated zest of 11/2 limes 60ml (2fl oz) lime juice 80g (2¾oz) plus I tbsp coconut oil, melted

170g (6oz) sugar-free, gluten-free raspberry jam a small handful of chopped pistachio nuts edible flowers, such as honeysuckle or rose

- For the avocado lime cream, blend the avocado, coconut yoghurt, coconut nectar, lime zest and juice in a blender until smooth. Add the coconut oil and blend until completely smooth. Place in a bowl and cover with clingfilm. Chill for 2-3 hours to firm up.
- Preheat the oven to 170°C/Gas Mark 3. Grease and line the base of three 23cm (9in) loose-bottomed or springform cake tins with coconut oil and baking parchment. Line a small baking tray with baking parchment. Spread the pistachio nuts on the baking tray and toast for 5-7 minutes, until just getting colour. Leave to cool, then roughly chop into small pieces.
- Sieve together the coconut flour, baking powder and bicarbonate of soda into a bowl. In a large bowl, mix together the rest of the cake ingredients, except the the oil. Add in the sieved flour mix and chopped nuts, then stir in the oil. Divide the mix equally between the tins. Bake for 10 minutes, rotate the tins, then bake for another 10 minutes until the top is dark golden brown and bounces back slightly when pressed. Leave to cool, remove from the tins, then carefully peel off the baking parchment from the bottom of each sponge.
- To assemble, spread the bottom layer of the sponge with half the jam and about a quarter of the avocado lime cream. Tear the basil leaves into small pieces and scatter half over the lime cream. Top with the middle layer of sponge and repeat the process with the jam, cream and basil. Carefully place on the final layer of sponge and top with the remaining cream, spreading it over the top and around the edges. Decorate with chopped pistachio nuts and edible flowers.

This cake will keep in the fridge for up to 3 days, but it is est eaten fresh when all the flavours and colours are at neir most vibrant.















By Vicki Montague (www.freefromfairy.com)

GF DF EF MF

Serves **4-6** | Prep **15 mins** | Cook 15 mins | Calories 194 (per serving)

100g (3½oz) gluten-free self-raising flour

20g (loz) tapioca starch

60g (21/40z) apple purée

70ml (2¾fl oz) coconut milk or other dairy-free milk

3 tsp melted coconut oil

I tbsp honey

I tsp mixed spice

I tsp vanilla extract

I tbsp coconut oil, melted, for frying

3 eating apples, peeled

- I Combine all of the ingredients together, except the coconut oil and the eating apples, and mix until you have a smooth batter.
- 2 Place a large frying pan over a medium heat and add the coconut oil.
- 3 Cut the apples through the core into 1 cm (½in) circles. You can the remove the core (if you wish) by cutting out a small circle from the middle.
- 4 Drop the doughnut shaped pieces of apple into the batter and coat well. Shake any excess off the apple slices before adding to the hot pan. Cook for a few minutes on each side until golden.

chocolate biscuits

GF SF DF EF MF V

Makes 10-12 | Prep 15 mins | Cook 10-15 mins | Calories 131 (per biscuit)

2 tbsp ground flax seeds

75ml (2½fl oz) maple syrup

I tsp vanilla extract

425g (15oz) tinned black beans, rinsed, drained

2 tbsp coconut oil

35g (1¼oz) cocoa powder

¼ tsp salt

¼ tsp cayenne pepper

55g (2oz) chilli flavoured vegan chocolate, chopped finely grated zest of I lime

- Preheat the oven to 190°C/Gas Mark 5. Line a large baking tray with non-stick baking paper.
- 2 Mix together the flax seeds, maple syrup and vanilla and set aside.
- 3 Place the beans, coconut oil, cocoa, salt and cayenne pepper in a food processor and blend until well combined.
- 4 Add the maple syrup mixture and pulse to incorporate. The mixture will be guite liquid, but still hold together.
- 5 Tip into a bowl and stir in the chocolate and lime zest.
- 6 Place spoonfuls of the mixture onto the baking tray. Using the back of the spoon, flatten the top of the cookies slightly, as they won't spread when baking.
- 7 Bake for 10-15 minutes until just firm. Cool on the baking trays for a few minutes, then place on a wire rack to cool completely.

























Victoria sponge cakes with passion fruit cream

GF SF MF

Serves 6 | Prep 25 mins plus chilling | Cook 20-25 mins | Calories 573 (per serving)

FOR THE CAKES

175g (6oz) butter 175g (6oz) xylitol 3 free-range eggs

a few drops of vanilla extract 175g (6oz) gluten-free self-raising flour

FOR THE FILLING

250ml (9fl oz) double cream I-2 tbsp powdered xylitol, plus extra to decorate 2 passion fruit

- For the cakes, preheat the oven to 170°C/Gas Mark 3. Grease six small loose-based mini Victoria sponge tins or baking tins.
- 2 Beat the butter in a mixing bowl until light and soft. Gradually beat in the xylitol.
- 3 Add the eggs, one at a time, beating well to combine. Add the vanilla and flour and mix well.
- 4 Spoon into the tins and bake for about 20-25 minutes. until golden and springy to the touch. Cool in the tins for 5 minutes, then place on a wire rack to cool completely.
- 5 For the filling, whisk together the cream and xylitol until thick. Squeeze the pulp and seeds from the passion fruit into the cream and stir gently to combine.
- 6 Invert six of the cakes and spread with the cream mixture. Place the remaining cakes on top and sift over a little powdered xylitol.

TIP For powdered xylitol, place the xylitol in a food processor and blend to a powder.













Tray-baked apple cake

GF DF MF

Serves **8-10** | Prep **20 mins** | Cook 30 mins | Calories 290 (per serving)

170g (6oz) dairy-free margarine

170g (6oz) caster sugar

I tsp vanilla extract

2 free-range eggs, lightly beaten

170g (6oz) gluten-free self-raising flour

I tsp gluten-free baking powder

4 apples, peeled, thinly sliced, tossed in

2 tsp lemon juice

2 tsp ground cinnamon

3 tbsp light brown sugar

- I Preheat the oven to 180°C/Gas Mark 4. Line a 20x30cm (8x12in) baking tin with non-stick baking paper.
- 2 Beat the margarine with the sugar in a mixing bowl until light and fluffy. Add the vanilla, eggs, flour and baking powder and mix well.
- **3** Spoon into the tin and arrange the apple slices on top.
- 4 Bake for about 30 minutes, until golden and a skewer comes out clean when inserted into the centre.
- 5 Mix together the cinnamon and sugar and sprinkle over the warm cake. Cool in the tin.



Chocolate brownies

GF DF EF MF V



Makes 9 | Prep 15 mins | Cook **25 mins** | Calories **363** (per brownie)

3 tbsp flax seeds

9 tbsp water

200g (7oz) coconut palm sugar

50g (13/oz) cocoa powder

40g (1½oz) rice flour

40g (1½oz) potato starch flour

105g (3½oz) brown rice flour

125ml (41/2fl oz) sunflower oil

2 tbsp peanut butter

60g (2oz) flaked almonds, chopped

- Preheat the oven to 180°C/Gas Mark 4. Grease a 23cm (9in) square baking tin.
- 2 Blend the flax seeds and water in a food processor and set aside. Combine the sugar, cocoa and flours in a mixing bowl. Mix well.
- 3 Mix together the flax seed mixture, oil and peanut butter until well blended. Stir into the dry ingredients with the almonds and mix well.
- 4 Pour into the tin and bake for about 25 minutes, until the edges are firm and the centre is just set. Cool completely in the tin, then cut into squares.











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Lemon cake



Serves 6-8 | Prep 25 mins | Cook 45-50 mins | Calories 303 (per serving)

100g (3½oz) vegan margarine 150g (5oz) xylitol

2 lemons

100g (3½oz) ground almonds 100g (3½oz) polenta 50g (13/oz) gluten-free plain flour I tsp bicarbonate of soda I tsp gluten-free baking powder 200ml (7fl oz) soya yoghurt

> I tbsp cornflour **FOR THE GLAZE**

juice of I lemon 50g (1¾oz) xylitol grated lemon zest

- I Preheat the oven to 180°C/Gas Mark 4. Grease a 21×10cm (8½×4½in) loaf tin.
- 2 Beat together the margarine and xylitol in a mixing bowl until creamy. Grate the zest of I lemon.
- 3 Add the ground almonds, polenta, flour, bicarbonate of soda and baking powder to the mixing bowl. Pour the yoghurt and the grated lemon zest on top and whisk until well mixed.
- 4 Juice the lemons. Spoon 2 tbsp lemon juice into a cup and heat the remainder in a small pan.
- 5 Add the cornflour to the cup with the juice and stir until smooth. Pour into the pan, whisking constantly. Heat to a boil, whisking until thickened. Whisk into the cake mixture and put into the tin.
- 6 Bake for 45-50 minutes, until browned and the sides have shrunk away from the tin.
- 7 For the glaze, heat the lemon juice and xylitol in a pan, stirring over a low heat until the xylitol has dissolved.
- 8 Gently prick the top of the cake. Pour the glaze over the cake in the tin and sprinkle with lemon zest. Cool in











Baking RECIPES



Eccles cakes



Makes 9-12 | Prep 40 mins plus chilling | Cook 20-25 mins | Calories 154 (per cake)

- 190g (7oz) plain gluten-free flour, plus extra for dusting 175g (6oz) hard dairy-free margarine, chilled 11/2 tsp xanthan gum ½ tsp fine salt 75ml (21/2fl oz) cold water 1½ tsp lemon juice 3-4 tbsp sugar-free mincemeat I free-range white
- 3 Place the ball of dough on a surface dusted with flour and roll out to form a 18x45cm (7x18in) rectangle. Roll the dough in one direction only. You should have a marbled effect with streaks of margarine.
- 4 Fold the top third down, then the bottom third up and over that. Give the dough a quarter turn and roll out again to roughly the same size. Cover with clingfilm and chill for 30 minutes. Repeat this process twice more, allowing the pastry to become slightly wider and longer with each roll and fold. After the third chilling, roll out to use.
- **5** Line two baking trays with non-stick baking paper.
- 6 Cut out 10cm (4in) rounds from the pastry. Place on the baking trays and chill for 15-20 minutes.
- 7 Preheat the oven to 200°C/Gas Mark 6.
- 8 Place a heaped teaspoon of mincemeat into the centre of each pastry round and fold in the edges to enclose the mixture. Turn the pastry rounds over and press gently with a rolling pin to flatten them, until the fruit just starts to appear through the pastry.
- **9** Beat the egg white until frothy, brush the tops of the cakes with the egg white. Cut a slit in the top of each cake. Chill for 20 minutes.
- 10 Bake for 20-25 minutes until golden brown, Place on a wire rack to cool completely.
- I Sift the flour, xanthan gum and salt into a mixing bowl. Rub 35g (1½oz) margarine into the mixture until it resembles breadcrumbs. Cut the remaining margarine into small chunks, add them to the mixture and toss until coated with mixture. You will see bits of margarine.
- 2 Pour in the cold water and lemon juice, mixing to combine, then gently bring together to a rough dough ball with your fingers. Cover with clingfilm and chill for 30 minutes.













Baking RECIPES



Nut and cream cake roll

GF SF MF

Serves 8-10 | Prep 30 mins plus chilling | Cook 15 mins | Calories 548 (per serving)

FOR THE CAKE

6 free-range eggs, separated I I 0g (4oz) xylitol a pinch of salt ½ tsp gluten-free baking powder 170g (6oz) ground walnuts

FOR THE FILLING

I I 0ml (4fl oz) warm milk 190g (7oz) ground walnuts

110g (4oz) unsalted butter 150g (5oz) xylitol 2 tbsp brandy 225ml (8fl oz) double cream

TO DECORATE

170ml (6fl oz) double cream, whipped flaked almonds finely chopped toasted almonds powdered xylitol

- 4 Whisk the egg whites until stiff, but not dry. Gradually fold into the walnut mixture.
- 5 Spread the mixture evenly in the tin. Bake for about 15 minutes, until a skewer inserted into the centre comes out clean. Cover the cake with a damp tea towel and chill for 30 minutes.
- 6 For the filling, mix together the warm milk and ground walnuts. Set aside to cool.
- **7** Beat the butter until soft, gradually adding the xylitol. Continue beating until light and fluffy.
- 8 Beat in the brandy, then the walnut/milk mixture. Whisk the cream until thick and fold into the walnut mixture.
- **9** Put a piece of non-stick baking paper, at least 50cm (20in) long, over the cake. Keeping the paper on top of the cake, grip the baking tin at both ends and quickly turn it upside down. Remove the tin and peel the paper off the cake.
- IOSpread the filling evenly over the cake. Roll up the cake, using the paper to help roll it up. Cover the cake roll with foil and chill for about 2 hours until firm.
- I To decorate, spoon the cream into a piping bag and pipe rosettes on top of the cake. Arrange the flaked almonds on top and sprinkle with chopped toasted almonds.
- 12 Sift powdered xylitol over the top.

TIP For powdered xylitol, place the xylitol in a food processor and blend to a powder.

- I For the cake, preheat the oven to 190°C/Gas Mark 5. Grease a 27.5x42.5cm (11x17in) Swiss roll tin and line with non-stick baking paper.
- 2 Place the egg yolks, xylitol and salt in a mixing bowl and whisk until very pale and light, until the beaters leave a trail on the surface.
- 3 Add the baking powder and the ground walnuts, beating to mix.













Jaffa cake



Makes 12 | Prep 25 mins plus chilling | Cook 8-10 mins | Calories 106 (per jaffa cake)

FOR THE JELLY

4 leaves of gelatine 2 large oranges

FOR THE BASE

2 large free-range eggs 50g (1¾oz) coconut palm sugar 50g (1¾oz) ground almonds

FOR THE COATING

150g (5oz) sugar-free, dairy-free dark chocolate, cocoa solids, chopped

- I For the jelly, line a 20cm (8in) square tin with clingfilm to overhang the sides. Soak the gelatine in a small bowl of cold water for 5 minutes.
- 2 Grate the zest of I orange, then place the zest in a pan.
- 3 Squeeze the juice from both oranges, put into the pan and heat until hot, but do not boil. Remove from the heat.
- 4 Squeeze the excess water from the gelatine and whisk the gelatine into the orange juice/zest mixture until thoroughly dissolved and incorporated.
- 5 Pour into the tin and fold over the excess clingfilm to touch the surface. Cool, then chill until set.
- 6 For the base, preheat the oven to 180°C/Gas Mark 4. Grease a 12-hole muffin tin.
- 7 Whisk together the eggs and coconut palm sugar in a heatproof bowl over a pan of simmering (not boiling) water until thick and pale. Stir in the ground almonds and mix to combine.
- 8 Divide the mixture evenly between the muffin tin and bake for 8-10 minutes. They should spring back when gently pressed. Cool in the tin for 2 minutes, then place on a wire rack to cool completely.
- 9 Cut 12 rounds of jelly, slightly smaller than the tops of the cakes. Place the jelly rounds on top of the cakes.
- 10 For the coating, melt the chocolate in a heatproof bowl over a pan of simmering (not boiling) water. Spoon the chocolate over the top of the jelly and leave to set.



















Harvest loaf

GF SF DF EF MF

Serves 6-8 | Prep 20 mins plus standing | Cook 70-85 mins | Calories 338 (per serving)

625ml (22fl oz) warm water

2 tbsp honey

21/4 tsp fast-action dried yeast

25g (loz) chia seeds

55g (2oz)

buckwheat groats

185g (6½oz) sorghum flour

75g (2½oz) potato starch flour 75g (21/20z) polenta, plus more for sprinkling

75g (2½oz) sweet white rice flour

2 tsp salt

25g (loz) whole

psyllium husks

2 tbsp olive oil, plus extra for brushing

Mix together 225ml (8fl oz) warm water, honey and yeast in a large bowl and set aside for 5-10 minutes until frothy.

- 2 Put the chia seeds and buckwheat groats into a food processor and blend until smooth. Mix together the sorghum flour, potato starch, polenta, sweet rice flour and salt in a mixing bowl. Add the remaining water to the yeast mixture. Whisk in the chia and buckwheat with the psyllium husks and olive oil until smooth. Leave to stand for I minute. Slowly pour the chia mixture into the flour mixture and mix until thoroughly combined. Put the dough into a well-oiled bowl. Cover and leave to stand in a warm place for about 50 minutes until risen.
- 3 Preheat the oven to 200°C/Gas Mark 6. Heat a casserole dish in the oven until hot, Pour 2 tbsp olive oil into the dish and sprinkle over a little polenta. Place the dough in the dish and shape the edges into a round. Brush the top with oil. Slash the top with a sharp knife. Cover and bake for 50-55 minutes. Remove the lid and continue baking for a further 20 minutes, until golden brown.

Onion bread

GF SF DF EF MF

Makes 10-12 | Prep 25 mins plus chilling | Cook 15 mins | Calories 86 (per roll)

2 tbsp olive oil

I onion, peeled, thinly sliced

65g (21/40z) sorghum flour

40g (1½oz) potato starch flour

30g (loz) tapioca flour

I tsp xanthan gum

I tsp onion powder

a pinch of garlic powder

½ tsp salt

2 tsp honey

2 tsp fast-action dried yeast

I I 5ml (4fl oz) warm rice milk

I tbsp extra-virgin olive oil

I tsp cider vinegar

- I Heat the oil in a frying pan and cook the onion for about 10 minutes until soft and transparent. Drain on absorbent kitchen paper and set aside.
- 2 Line two baking trays with non-stick baking paper.
- 3 Combine the flours, xanthan gum, onion and garlic powders, salt, honey and yeast in a mixing bowl. Add the milk, extra-virgin olive oil and vinegar and beat well for I minute. Spoon into a piping bag and squeeze the dough onto the baking trays in 15cm (6in) thin long ropes. Brush the tops with a little oil and arrange the onions on top.
- 4 Put into a cold oven, then set the temperature to 200°C/Gas Mark 6. Bake for about 15 minutes until lightly browned. Serve warm.

























Paleo seed bread

By Rebecca Field (www.paleodietandfitness.co.uk)

GF SF DF MF

Serves 8 | Prep 30 mins |

Cook I hr 10 mins | Calories 404 (per serving)

100g (31/20z) flax seed/linseed

175g (6oz) chestnut flour

30g (I 4oz) coconut flour

40g (1½oz) pumpkin seeds

40g (11/20z) sunflower seed kernels

I tsp flaked sea salt

8 free-range eggs

120ml (4fl oz) water

I 20ml (4fl oz) olive oil

1/4 tsp bicarbonate of soda

- Preheat the oven to 160°C/Gas Mark 21/2.
- 2 Beat together the oil, water, eggs and salt.
- 3 Grind half of the pumpkin and sunflower seeds, then add to the chestnut flour and flax seeds with the remaining whole seeds. Add the bicarbonate of soda.
- 4 Mix the dry mix into the wet mix thoroughly. Stir in the coconut flour to bring it together to a thick-ish paste.
- 5 Spoon into a large loaf tin and bake in the centre of the oven for I hour IO minutes, or until a skewer comes out clean.
- 6 Remove from the oven and allow to cool for 10 minutes. Run a sharp knife around the edge to loosen, then tip onto a wire rack to cool completely.
- 7 Keep in a cool place and use within 3 days, or freeze individual slices to have at the ready.

Hot water bread

By Jilly Lagasse and Jessie Lagasse Swanson

GF SF DF EF MF V

Makes 12 | Prep 25 mins |

Cook 25-30 mins | Calories 25 I (per loaf)

225g (8oz) fine yellow polenta

¾ tsp salt

2 tbsp solid vegetable fat (ie Trex), divided 225ml (8fl oz) boiling water (a bit more or less depending on the polenta)

- Preheat the oven to 180°C/Gas Mark 4.
- 2 In a medium glass bowl, add the polenta, salt, and I tbsp vegetable fat.
- 3 Slowly pour the boiling water over the polenta mix and, with a wooden spoon, stir constantly until all of the polenta is moist and appears to stick together. You do not want it soupy. You need to be able to shape it into a patty, so it can't be too moist or it won't form. You may need a bit less or a bit more water with this, depending on the polenta you use. Stir well to incorporate all the water and to allow the fat to melt and absorb before adding more water.
- 4 Let the mixture cool slightly in the bowl. In a large saucepan, heat the remaining vegetable fat over a mediumhigh heat.
- 5 As that is melting, use your hands to scoop a large handful of the warm polenta mixture and make a large, palm-sized patty. You want four patties as evenly shaped as possible.
- 6 Carefully place the patties in the pan with the hot fat and cook for 2-3 minutes on each side, or until they are nice and brown.
- 7 Place the pan in the oven and bake for 25-30 minutes, or until golden brown and hard and crispy on the outside.

The hot water bread recipe is taken from The Lagasse Girls' Big Flavor, Bold Taste and No Gluten! 100 Gluten-Free Recipes from El's Fried Chicken to Momma's Strawberry Shortcake by Jilly Lagasse and Jessie Lagasse Swanson, published by Da Capo Lifelong. (RRP £20.66).

























Food entrepreneur Kirsty Henshaw, founder of Kirsty's & Kids' Kitchen, the award-winning free-from and healthy lifestyle brands, shares her knowledge on superfoods...

▼ UPERFOODS ARE the champions of the food world. They are nutrient rich and when eaten as part of a varied and healthy diet, are extremely beneficial.

Of course it is well-documented that the term 'superfoods' is a madeup media friendly buzzword used to describe these nutritional superstars. Despite this, I believe there is something to be said for dubbing the foods that fall into this category as 'super', not least because they contain high concentrations of essential nutrients: vitamins, minerals, proteins, antioxidants and essential fatty acids.

Antioxidants

When we eat, our bodies convert the

food we ingest into energy. We need a constant and consistent supply of this energy to maintain good health and vitality. Free radicals are produced as part

of this natural physiological process. If we have an overload of free radicals in our bodies, they can precipitate serious health issues such as heart disease. type 2 diabetes and cancer.

keeping our bodies in balance... Antioxidants fight against freeradical damage. They neutralise them, keeping our bodies in balance.

The antioxidant properties of a food item are most often measured in

terms of its Oxygen Radical Absorbance Capacity (ORAC) value. The higher the ORAC value the stronger the antioxidant capabilities of the food.

> This term is becoming widely used on American supplement packaging. You might start to see it emerge over here in the UK keep an eye out.

The government's recommendation of consuming '5-a-day' roughly equates to

between 2500 and 3500 ORAC value per day. To give you an example, here are some values of everyday foods.

Antioxidants fight against free-radical damage. They neutralise them,

80g Banana – 650 ORAC 80g raw carrot - 253 ORAC 80g tomatoes - 294 ORAC

There are a number of vitamins, minerals and enzymes that are classed as antioxidants. Key antioxidant vitamins include vitamins A, B3, B6, C, E and K. While each is beneficial in its own right, when teamed up these vitamins fortify the body's immune system.

Scientific research into the effects of antioxidants on the human body is still in its infancy, and it is true to say that many scientists are sceptical about the claims made about the perceived health benefits of antioxidants. Nevertheless, some studies have indicated that foods with high levels of antioxidants and rich in phytochemicals (these are nonessential nutrients that give fruits and vegetables their wonderful colours) may help combat disease.

Free radicals

Free radicals are produced naturally in

Kirsty's favourite 'superfoods'

This isn't an exhaustive list of fruits and vegetables that are high in antioxidants, just some of my favourites.

A source of good fat and fibre – so delicious in a smoothie.

Low in fat, high in nitrates, potassium, magnesium, iron and **Beetroot** vitamins B6 and C. **Blueberries** This original 'superfood' is a good source of fibre and vitamin C. **Broccoli** Great source of vitamins A, B6, C, K as well as iron, magnesium and dietary fibre. Magnesium, low GI, rich in fibre and selenium. **Brown rice** High in flavonoids. Cocao **Chia Sseds** Incredibly nutritious, rich in Omegas and full of fibre. Contains high levels of vitamins C and K, as well as potassium **Pomegranate** and protein. Salmon Famous for its Omega 3 fatty acids. Spirulina, barleygrass Add a spoonful of these super-greens to a homemade smoothie and wheatgrass High in antioxidants and a good sources of vitamins A, C, E and **Goji berries** K, as well as dietary fibres and minerals. Who needs a multi-vitamin when you can eat sweet potato? **Sweet potato** Vitamins A, B and C are present in abundance in this colourful root vegetable.

Avocado



the body. Despite the bad press they get, we do need them to stimulate the body's repair and regeneration mechanisms.

Free radicals become a problem when we have too many of them in our system. They cause cell and tissue damage which can lead to some very serious and degenerative health problems, so it's important to keep them under control.

I highly recommend you avoid frying food wherever possible. When fats (even great fats) are heated, oxidisation occurs which causes free radicals. If you must fry, I recommend using coconut oil or sunflower oil as they have a higher heating point before oxidisation.

Excess free radicals are also created from smoking, consuming alcohol and strenuous exercise.

The benefits of antioxidants

As well as mopping up free radicals, there are many reported benefits of eating an antioxidant rich diet:

- Increased energy levels
- Clearer skin
- Healthier hair and nails
- Slowing the signs of ageing
- Protection against macular degeneration
- Combating menopausal symptoms

Antioxidants aren't a quick fix or miracle cure for diseases, but they will help to keep your body functioning and performing at its best.

Adding antioxidants to your diet - some easy tips

Incorporating antioxidant-rich foods into your diet couldn't be easier. Not only do 'superfoods' taste amazing, they also look great on the plate due to the phytochemicals that make them so colourful. Here are some tips to get you started.

- ➤ Eat the colours of the rainbow! Make sure you include lots of colourful fruits and vegetables in your diet each day. The deeper and richer the colour, often the fresher and higher in antioxidants. It's important to remember fruit is much higher in sugar than vegetables. I'd recommend a ratio of 5:1 vegetables to fruit.
- Packets/tubs of super greens and supplements are so readily available these days, either online or from your local health food store. I would highly recommend a mixture of chia, cacao, wheatgrass and barleygrass (or a combination of any of these). A teaspoon of each in a morning smoothie, mixed with avocado and some almond/oat milk is a fantastic kick-start to your day.

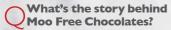
- Make some healthy food swaps. For example: use brown rice instead of white rice; replace white potato mash with mashed carrot and sweet potato.
- Green tea is rich in antioxidants, so why not try having one cup a day? Some people also use it as poaching liqueur for fish and chicken.
- Nibble on a small amount of good quality dark chocolate or cocoa nibs. Dark chocolate is rich in flavonoids, a plant compound that acts as an antioxidant. Cacao is the raw form of chocolate, so cacao nibs are an even better option.
- Season with spices rather than salt. Ginger, cinnamon, cloves, oregano, paprika, turmeric and basil are just some of the many herbs and spices that contain high levels of antioxidants.
- Invest in a steamer. This is one of the simplest ways of cooking vegetables quickly and keeping more of the healthy goodness locked in, that traditional boiling loses.
- ➤ Eat your greens. Green leafy vegetables are high in nutrients and have anti-inflammatory properties. Try making a large batch of green veg soup, one of my particular favourites is broccoli, leek, spinach, sweet potato and hemp soup it's creamy and tasty and a great way to top up your intake.

For more information, visit www.kirstys.co.uk



In the kitchen

One half of the successful Mood ree partnership gives us his story...



MOO FREE BEGAN IN 2004 when myself and my wife Jessica started selling specialist chocolates online.

It wasn't long before parents were contacting us desperate to source dairy-free Easter eggs and Advent calendars for their children. We searched around the world for chocolate manufacturers that were making these products, but found none. This left us shocked and bemused.

So, in 2008 we re-mortgaged our house, bought some small machinery and ingredients and began to learn all about making chocolate. Over the next few years we began to work out how to create a dairy-free chocolate that actually tasted like quality milk

Finally we had the great flavour we were looking for and at the end of 2010 we launched Moo Free Chocolates. As well as being dairyfree, all our chocolates are gluten-free, lactose-free, casein-free, soya-free and certified vegan.

How difficult is it replicating the milk chocolate taste without using milk or gluten?

When we came up with the idea to try and make our own dairy-free 'milk' chocolates there were only a few dairy-free 'milk' chocolate bars on the world market. At the time these products were being made using either soya or carob as a substitute for milk. I found that soya milk has a harsh after taste that was difficult to get rid of, so we decided to try using rice milk instead. This tasted much better but it still took 2 years of experimenting and force feeding hundreds of volunteers with chocolate samples before we got the quality 'milk' chocolate flavour we were looking for.

Many ingredients include wheat which presents a very large problem when we try to create new flavours. You would not believe some of the things that wheat flour is added to. Actually, if you suffer from an allergy or intolerance then you probably would!



What obstacles have you had to overcome? What are the ongoing difficulties?

The main problem for Moo Free was funding. We started the company in the middle of a recession at a time when banks had gone from throwing money at people to not lending to any businesses unless they were already making millions of pounds. To make chocolates cheaply and in large quantities we needed larger machines, bigger premises and more staff. It has been a very slow, time consuming and personally exhausting and expensive process to get Moo Free to where it is today, and we quite literally had our house invested in it. We almost went bankrupt several times in the first few years - if we had, we would have lost everything.

Have you seen demand increase in recent years? Why is this?

Demand for our chocolates has always been high and every year the demand seems to at least double. We suspect that there are a few reasons for this, but I think the main reason is that we are finally seeing better diagnoses and awareness of food allergies and intolerances.

How careful do you have to be with cross-contamination?

Preventing cross-contamination is our number



isolated production areas.

We don't make any products but our own, which are all free-from the same things. Any ingredients we use that we don't make ourselves are tested and certified free of allergens. We have our products tested for allergens several times a year, even though there should be no chance of any crosscontamination.

Do you find people without intolerances buy Moo Free as well?

Our 'milk' chocolate taste is very important to us and we believe that we have created the best tasting dairy-free 'milk' chocolate on the market. Many people send us stories about family members who have tried our chocolates, to then find that they actually prefer Moo Free to regular milk chocolate bars. We even have stories of husbands stealing their wives' Moo Free chocolates too!

What next for Moo Free? Well that's easy. Lots and lots of Easter

eggs. We've got three flavours this year which are Original, Bunnycomb and Cheeky Orange. By April we will be moving on to making advent calendars, selection boxes and a brand new chocolate product for Christmas. Look out for us appearing in even more shops this year.

For more information, visit www.moofreechocolates.com



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